



Big Red One coming home

Defense Secretary Rumsfeld recommends return of 1st Infantry Division to Fort Riley

— See stories on pages 1, 2 and 3



Soccer champs

Engineers shut down Signalmen for post crown

Page 17

Fort Riley Post

Sunshine fun for all

Post family spend day learning, enjoying fitness activities



Page 13

Friday, May 20, 2005

America's Warfighting Center

Vol. 48, No. 20

Joint search



100th MPAD/Bromley
Iraqi children smile at Pfc. Steven Lee of 70th Eng. Bn., as he patrols a narrow street in the town of Hor al Bash. The joint cordon and search operation was conducted to find terrorists who operate in the area.

Tri-nation mission hunts insurgents



100th MPAD/Bromley
Command Sgt. Maj. Anthony Cady (left) of the 70th Eng. Bn., interviews a local man to obtain information about terrorists.

By Matthew Wester
100th MPAD

TAJIL, Iraq — A squad of American and Iraqi Soldiers move across a street to search a house. Only their silhouettes are visible. It is still an hour before dawn. A column of American, Iraqi and Macedonian vehicles move into position to cordon off the roads surrounding the town.

A long mission has begun. The goal: To find and seize illegal weapons and munitions to ensure the stability and security of a part of Iraq just northwest of Baghdad.

Soldiers of 70th Engineer Battalion, 3rd Brigade, 1st Armored Division, and 1st Squadron, 11th Armored Cavalry Regiment, teamed up with 1st Battalion, 1st Mechanized Brigade, Iraqi Army, soldiers

and Macedonian Rangers May 5 to cordon and search the town of Hor al Bash.

The combined operation using forces from three continents integrated Soldiers of Company A, 70th Eng. Bn., with Iraqis down to the squad level.

"The intent is that a four-man Iraqi Army team searches every house and my Soldiers do the paperwork and documentation as we collect the intelligence," said Capt. Eric Swenson, Co. A commander.

"(Co. A) put an American section or squad with an Iraqi section or squad," said 70th Eng. Bn. Command Sgt. Maj. Anthony Cady. "I personally went with two other American Soldiers and eight Iraqi Soldiers and conducted searches of about 25 houses

See Cordon, Page 4

Fort Riley fares well in closure, moves study

By Mike Heronemus
Editor

Rumors and educated guesses about Fort Riley's future turned May 13 to concrete recommendations for growth at America's Warfighting Center.

Secretary of Defense Donald Rumsfeld's recommendations to the 2005 Base Realignment and Closure Commission included an attack aviation battalion moving from Fort Campbell, Ky., a new sustainment brigade formed at Fort Riley, movement of part of the Civilian Personnel Operations Center from Rock Island Arsenal, activation of a new brigade combat team on post and return of the 1st Infantry Division headquarters and other division units from Germany and Korea.

These additions come after arrival of the 6th Brigade, 25th Infantry Division, which will add about 70 percent of the brigade's 3,400 Soldiers and estimated 1,900 families to the post by the end of January 2006.

With the added Soldiers and civilian employees estimated in Rumsfeld's recommendation, the post's military and civilian employee population is estimated to grow about 4,500 more by 2011 at the latest and possibly within three years, said Col. John Simpson, Fort Riley garrison commander, at a news conference on post May 13 following the release of Rumsfeld's recommendations.

Simpson said Fort Riley and surrounding communities can absorb the influx of people and have been a step ahead of the expected growth announcements by pushing forward on new housing developments.

The buildup also cements Fort Riley's place in the emerging Army, he said. "Fort Riley will remain one of the premier maneuver

training areas and power projection platforms in the future."

Fort Riley officials began some time ago planning for a new brigade combat team — 6th Brigade, 25th Infantry Division — that had been termed a temporary unit. "Now, the 'T' portion ... will be taken off and it will be permanently assigned to Fort Riley," Simpson said.

By 2011, Fort Riley will have three brigade combat teams — the two it already has and the 6th Bde., a multifunctional aviation brigade consisting of attack and lift helicopters for transporting troops and equipment, a sustainment brigade to support combat units and a division headquarters, Simpson said.

Simpson did not estimate the number of family members that would accompany the two newly announced brigades. Officials have estimated the number of 6th Bde.

Soldiers with families to be about 55 percent of the brigade's active duty Soldier strength. Using that as a guide, the region could expect to see another 2,475 families moving with the new Soldiers.

With the population growth, "the communities around Fort Riley are going to be some of the fastest growing communities in Kansas," Simpson suggested.

Fort Riley officials have been working with a group of community leaders chaired by Kansas Lt. Gov. Thomas Moore to plan and prepare for the expected growth.

This task force has been working for over six months — on schools, transportation, roads, workforce as well as our No. 1 challenge, housing these new Soldiers."

Simpson estimated that construction of new military housing for new single Soldiers on post will run about \$600 million. The Army will look first to civilian

See BRAC, Page 2

Sometimes, Soldiers negotiate in lieu of fight

Unique training prepares officers for talking with leaders

By Jennifer Whipple
19th PAD

Officers from 1st Brigade, 1st Infantry Division, played "Let's Make a Deal" with real Iraqis at Fort Riley May 12. They came together during special bi-lateral negotiation training sessions at the Military Operations in Urban Terrain (MOUT) site near the post commissary.

About 60 officers ranging from first lieutenants to lieutenant colonels participated in the two days of training to prepare them for deployment to Iraq and Afghanistan.

Capt. David P. Marone, officer-

in-charge, said the main goal was to "teach coalition and staff officers the mechanics of negotiations with local tribal leaders."

Day one consisted of classroom instruction emphasizing cultural awareness and media awareness, preparing leaders to conduct negotiations at all levels.

The officers put those lessons into action the second day of training. They participated in life-like negotiations with former Iraqi citizens on real issues that face Soldiers who are at war. The former Iraqi citizens bring a "whole new element of realism to training," Marone said.

The former Iraqi citizens are recruited by a government con-

tracting company, Gold Belt Eagle, LLC. Rebecca Mayo-Smith, regional director of operations, does the recruiting for the company and works closely with units to set up training. Mayo-Smith conducts training year round at several posts with Soldiers waiting to deploy. Mayo-Smith said she recruits people from Texas and Michigan to fill roles such as interpreters, leaders and assistants to leaders.

Hrith Sulaiman, team leader and assistant to Mayo-Smith, served in the Iraqi Army for years. He has been working with Mayo-Smith for the past two years. "We enjoy helping the Soldiers," he said. "Yes, we get paid, but the

money means nothing to us when we get to teach Soldiers what they need to know to survive in our country. We teach them simple things like what to do and what not to do, how to deal with the Iraqi women and how to communicate with the leaders and get the information they need."

Mayo-Smith said she teaches Soldiers how to negotiate with Iraqi religious and political leaders, some key words and phrases, the cultural orientation, some customs and traditions, what to do and what not to do. "We give them realistic scenarios to allow them to experience what they

See Talk, Page 6



19th PAD/Whipple

Capt. Jeffery Jurand of 1st Bn., 34th Armor, puts his newly acquired negotiation skills to the test as he tries to negotiate with a Shiite leader, Sameh Roubil. Jurand's goal is to end the negotiations with a positive outcome.





BRAC continued from page 1

communities within a 60-mile radius to provide more housing for incoming families before building more family quarters on post, he said.

No additional land would need to be acquired to house and train the new units, Simpson said.

"Fort Riley has about 70,000 acres of maneuverable range land, we have buildable acres at Fort Riley.

"We have enough space at Fort Riley, using the other training facilities and simulators," he said.

Responding to media queries, Simpson assured those at the

press conference that the main consideration given to closing or realigning military installations was military value and two of Fort Riley's key values are its 100,000 acres and existing infrastructure.

The BRAC Commission chaired by former Veterans Affairs Secretary Anthony J. Principi will now consider Rumsfeld's recommendations. The commission began hearings regarding the recommendations on May 16.

The commission must send its findings to the president by Sept. 8. President Bush must approve or disapprove of the whole list.

If the list is approved, it goes to Congress, where senators and representatives have 45 legislative days to enact a joint resolution of disapproval.

If they do not, the list becomes law and actions must begin within two years of the date it was sent to Congress and be completed within six years of that date.

If all Rumsfeld's recommendations are accepted and made, the Department of Defense estimates a savings of almost \$50 billion over a 20-year period followed by annual savings of \$5.5 billion after that period.

Big Red One combat chronicles

World War I

Activated: 8 June 1917.

Overseas: Move completed 22 December 1917.

Major Operations: Aisne-Marne, St. Mihiel, Meuse-Argonne, Montdidier-Noyons. Casualties: Total-22,320 (KIA-3,730; WIA-18,590).

World War II

Overseas: 7 August 1942.

Campaigns: Algeria-French Morocco, Tunisia, Sicily, Normandy, Northern France, Rhineland, ArdennesAlsace, Central Europe.

Days of Combat: 443.

Distinguished Unit Citations: 20.

Individual awards: Medals of Honor-16 ; Distinguished Service Crosses-130 ; Distinguished Service Medals-5 ; Silver Stars-6,019 ; Legions of Merit-31 ; Soldier's Medal-162 ; Bronze Star Medals-15,021 ; Achievement Medals-76.

The 1st Infantry Division saw its first combat in World War II in North Africa, landing at Oran and taking part in the initial fighting, 8-10 November 1942.

Elements then took part in seesaw combat at Makar, Med-

jez el Bab, Kasserine Pass, Gafsa, El Guettar, Beja, and Mateur, 21 January-9 May 1943, helping secure Tunisia.

The First Division was the first ashore in the invasion of Sicily, 10 July 1943; it fought a series of short, fierce battles on the island's tortuous terrain.

When that campaign was over, the Division returned to England to prepare for the Normandy invasion.

The First Division assaulted Omaha Beach on D-day, 6 June 1944, some units suffering 30 percent casualties in the first hour, and secured Formigny and Caumont in the beachhead.

The Division followed up the St. Lo break-through with an attack on Marigny, 27 July 1944, and then drove across France in a continuous offensive, reaching the German border at Aachen in September.

The Division laid siege to Aachen, taking the city after a direct assault, 21 October 1944. The First then attacked east of Aachen through Hurtgen Forest, driving to the Roer, and moved to a rest area 7 December for its first real rest in 6 months' combat, when the von Rundstedt offensive suddenly broke loose, 16 December.

The Division raced to the

Ardennes, and fighting continuously from 17 December 1944 to 28 January 1945, helped blunt and turn back the German offensive.

Thereupon, the Division attacked and again breached the Siegfried Line, fought across the Roer, 23 February 1945, and drove on to the Rhine, crossing at the Remagen bridgehead, 15-16 March 1945.

The Division broke out of the bridgehead, took part in the encirclement of the Ruhr Pocket, captured Paderborn, pushed through the Harz Mountains, and was in Czechoslovakia, at Kinsperk, Sangerberg, and Mnichov, when the war in Europe ended.

General information

Nicknames: The Red One; The Fighting First.

Slogan: No mission too difficult, no sacrifice too great, duty first.

Shoulder patch: Red Arabic numeral "1" on solid olive drab background.

These combat chronicles, current as of October 1948, are reproduced from The Army Almanac: A Book of Facts Concerning the Army of the United States, U.S. Government Printing Office, 1950, pp. 510-592.



Col. John Simpson, Fort Riley garrison commander, talks to news media representatives May 13 during a press conference at Riley's Conference Center about the implications of Secretary of Defense Donald Rumsfeld's recommendations to the 2005 Base Realignment and Closure Commission.

Post/Heronemus

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Post news in brief

Unit to change commanders

The 1st Battalion, 16th Infantry, 1st Brigade, 1st Infantry Division, will change commanders during a ceremony June 8 at Cavalry Parade Field.

Lt. Col. Frank Zachar will assume command from Lt. Col. Thomas S. Hollis.

The public is invited and a reception will take place in Custer House following the ceremony.

In case of inclement weather, the ceremony will move to King Field House.

Board will pick OCS candidates

Fort Riley will conduct an officer candidate school board May 23.

Enlisted Soldiers interested in the OCS program leading to a commission must have:

- Completed 90 credit hours of college study.
- Have served 10 or more years (waiverable).
- Have scored 110 or higher on their GT (General Technical) exam, and
- Have a SAT score of 850 or higher or an ACT score of 19 or higher.

In accordance with current policy, any Soldier passing the Fort Riley OCS board will attend OCS.

For more information, call 239-5901.

Good named top employee

Brian Good has been named Fort Riley Fire Department Employee of the Quarter for the second quarter of fiscal year 2005.

With the honor comes 24 hours release from normal duty time.



Brian Good

Holiday alters trash pick-up

The Memorial Day holiday will create a change in trash collection on post May 30 through June 3. The schedule is:

May 30 – No pick up, Memorial Day holiday.

May 31 – Colyer Manor, Main Post, Marshall Field, dumpster at Building 621.

June 1 – Ellis Heights, O'Donnell Heights, Peterson Heights north of Thomas Avenue and dumpsters at Buildings 28, 45, 471, 540, 541, 5309.

June 2 – Warner Heights, Burnside Heights and dumpster at Building 621. (No change from regular schedule.)

June 3 – Meade Heights, McClellan Heights, O'Donnell Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpster at Building 5309. (No change from regular schedule.)

For more information, call Paul Cassella at the Contract Inspection Branch, Directorate of Public Works, 239-6274.

Employee commended

Ronnie Keys, a commercial acquisition specialist with the Directorate of Contracting, has been

named the directorate's Employee of the Quarter for second quarter fiscal year 2005.

She was commended for her professionalism in training new commercial acquisition specialists.

With the honor comes a Department of the Army commendation.



Ronnie Keys

ID Card Center completes move

The ID Card Center has moved to Building 212 on Main Post.

For more information, call Gary Morris at 239-5667 or 239-9202.

IACH pharmacy removes Bextra

The Food and Drug Administration has asked Pfizer, Inc., to voluntarily withdraw Bextra from the market. Pfizer agreed to suspend sales and marketing of Bextra.

This decision was based on the FDA's conclusion that the overall risk versus benefit profile is unfavorable due to lack of adequate data on long-term cardiovascular safety, reports of serious and potentially life-threatening skin reactions and lack of advantages for Bextra compared with other non-steroidal and anti-inflammatory drugs.

Bextra will no longer be available at Irwin Army Community Hospital.

IACH officials recommends individuals stop taking Bextra and call 239-DOCs during duty hours for an appointment or leave a telephone consult for their primary care manager, who will decide which medication would be suitable to replace Bextra.

Recommendations revamp health care

By Jim Garamone

AFPS

WASHINGTON, D.C. — Defense officials have used the base realignment and closure process to transform the way military medicine operates.

Medical facilities will become more joint, they will consolidate where patients reside and they will become state-of-the-art. "We want to rival Johns Hopkins or the Mayo Clinics," said Dr. William Winkenwerder Jr., assistant defense secretary for health affairs.

Defense Secretary Donald H. Rumsfeld delivered his recommendations for base realignments and closure to the BRAC Commission May 13. The medical recommendations are part of this process.

The recommendations mean changes to military medicine in the nation's capital and San Antonio, as well as changes in many other military health facilities in the United States.

The major recommendation would establish the Walter Reed National Military Medical Center on the grounds of the Bethesda Naval Hospital in Maryland. It also will create a new 165-bed community hospital at Fort Belvoir, Va.

If approved, this will cost around \$1 billion, said Dr. (Lt. Gen.) George P. Taylor, Air Force surgeon general, who headed the joint cross-service group that worked on DoD's medical BRAC recommendations.

Army, Navy and Air Force medical personnel will staff both facilities. The current hospitals - Walter Reed Army Medical Center and Bethesda - are separated by just seven miles. They are the primary receiving hospitals for casualties from Iraq and Afghanistan.

"We believe the best way to do this is to place the facility on the Bethesda campus," Taylor said.

In addition to housing the Walter Reed National Medical Center, the Bethesda campus will keep

the Uniformed Services University of the Health Sciences. The National Institutes of Health is also right across the street from the Bethesda facility. "The facility is able to accommodate the in-patient activities at this location," Taylor said.

Walter Reed campus would close in D.C.

Part of this recommendation would close the Army's Walter Reed campus in Washington, D.C., and Malcolm Grow Hospital at Andrews Air Force Base, Md., would close its in-patient facilities and become a large same-day surgery center.

"We know these types of joint medical facilities work," Taylor said. "We have two of them today: Landstuhl Regional Medical Center in Germany has been staffed by Army and Air Force for more than 10 years. If you go to Balad Hospital in Balad (Iraq), it is Army and Air Force run."

Changes would take place in San Antonio also. The two big medical platforms there are Brooke Army Medical Center at Fort Sam Houston and the 59th Medical Wing's Wilford Hall Medical Center at Lackland Air Force Base. Plans call for medical care to center at Brooke. It will become the San Antonio Regional Medical Center and will be a jointly staffed, 425-bed center.

At Lackland, BRAC recommends building a world-class outpatient and ambulatory surgery center. The trauma center at Lackland will close, and Brooke will expand to handle the need.

San Antonio would be enlisted training hub

San Antonio also will become the hub for training enlisted medical technicians of all services. Currently, the Army trains at San Houston, but the Air Force trains medics at Sheppard Air Force Base, Texas, and sailors train at Great Lakes, Ill., San Diego and Portsmouth, Va.

"All enlisted specialty training

would be done at Fort Sam Houston," Taylor said. The approximate student load would be about 4,500.

Aerospace medicine research will move from Brooks City Base (the one-time Brooks Air Force Base) to Wright-Patterson Air Force Base, Ohio. The Navy's Aeromedical Research Lab also will move from Pensacola, Fla., to Wright-Patterson.

The recommendations create six new centers of excellence for biomedical research, and all are joint. Assets will come from Navy, Air Force and Army locations to these new centers.

They are the Joint Center of Excellence in Battlefield Health and Trauma at the Brooke Regional Medical Center, the Joint Center of Excellence in Infectious Disease Research at the Forest Glen Complex in Maryland, the Joint Center of Excellence for Aerospace Medicine Research at Wright-Patterson Air Force Base, the Joint Center of Excellence in Regulated Medical Product Development and Acquisition at Fort Detrick, Md., the Joint Center of Excellence in Biomedical Defense Research at Fort Detrick, and the Joint Center of Excellence in Chemical, Biological Defense Research, Development and Acquisition at Aberdeen Proving Ground, Md.

Overall, the recommendations will cost \$2.4 billion to build new facilities and capabilities. Once in place, the services will save \$400 million per year, officials said.

The joint cross-service group, new in this round of BRAC, was able to make recommendations to the secretary. In past BRAC rounds, joint groups merely advised service leaders.

"It is my view that the group put together a very thoughtful, very comprehensive plan for improving military health care," Winkenwerder said. "It is a plan that allows us to invest in and modernize key flagship facilities, and at the same time it will allow the military health system to be more efficient."

BRAC findings

Fort Leavenworth:

Correctional function moves to Fort Leavenworth from Lackland Air Force Base, Texas; Fort Knox, Ky.; and Fort Sill, Okla., creating a single Midwest Joint Regional Correctional Facility.

Forbes Field:

Receives nine KC-135 aircraft from McConnell Air Force Base and three KC-135 aircraft from Portland International Airport Air Guard Station.

Kansas Army Ammunition Plant:

Relocates production line to McAlester Army Ammunition Plant in Oklahoma, Iowa Army Ammunition Plant, Crane Army Ammunition Activity in Indiana and Milan, Tenn.

Army closures:

Fort Monroe, Va.; Fort McPherson, Ga.; Fort Gillem, Ga.; Fort Monmouth, N.J.; Newport Army Depot, Ind.; Selfridge Army Activity, Mich.; Mississippi Army Ammunition Plant; Hawthorne Army Depot, Nev.; Umatilla Chemical Depot, Ore.; Lone Star Ammunition Plant, Texas; Red River Army Depot, Texas; Deseret Chemical Depot, Utah; Riverbank Army Ammunition plant, Calif.; and Charles E. Kelly Support Center, Pa.

Major Army changes:

Training and Doctrine Command will move from Fort Monroe to Fort Eustis. Army Materiel Command will relocate to Redstone Arsenal, Ala.

7th Special Forces Group moves from Fort Bragg, N.C., to Eglin Air Force Base, Fla.

Forces Command headquarters and U.S. Army Reserve Command move to Pope Air Force Base, N.C.

Third Army headquarters will be stationed with the U.S. Forces Central Command at Pope AFB.

Installation Management Agency headquarters moves to Fort Sam Houston, Texas

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Cordon continued from page 1

es," Cady said.

As the American and Iraqi Soldiers moved through town, curious children waved to them.

At each house, an Iraqi Soldier knocked on the door, asked the occupant of the house questions and looked through the house, careful not to destroy any property or disturb the daily activities of the family living inside.

After gathering information, the team moved on to the next house, marking the previous house to ensure the residents weren't searched twice.

The integrated search teams went about their task methodically and professionally, and for the most part didn't meet with any resistance from the residents of Hor al Bash.

"Like any human beings, the Iraqis want to live in a safe and secure environment," Cady said. "When we're out there, the anti-Iraqi forces aren't."

On the west side of town, the Macedonian Rangers helped to secure and search alongside the Iraqi Soldiers.

The Macedonians, from a country known mostly for being the birthplace of Alexander the Great, contribute a platoon-sized element to stability efforts in Iraq.

The Rangers work as part of the 3rd Brigade, 1st Armored Division.

"The Macedonian Ranger platoon is a very well-trained, well-disciplined outfit," Cady said. "They are highly skilled, technically and tactically competent and a huge part of our task force."

The integration started with the planning for the operation and input from all the countries

involved.

At the final operational meeting the night before the mission, Iraqi and Macedonian officers took their turn briefing the leaders of the units involved, pointing out their planned movements and responsibilities on the tactical sand table.

A translator worked tirelessly to overcome the language barrier and maintain the lines of communication.

"During the briefing last night, the Iraqis asked very good questions," Swenson said.

"They're thinking tactically, have a grasp of the terrain and they want to get out and do these operations," he said.

That tactical thinking and focus on the mission produced results, with eight suspects detained in the area assigned to Troop F, 1st Sqdn, 11th Armored Cav. Regt., and a census of the people and buildings in the town completed during the operation.

Cady explained that the detainees had contraband in their houses or were involved with anti-Iraqi forces.

Joint operations like the search of Hor al Bash are part of an ongoing trend in the area around Taji, with 3rd Brigade Soldiers working side-by-side with their Iraqi counterparts and other coalition partners.

"As the Iraqi Army becomes more and more proficient, more and more of these types of operations will happen," Cady said.

"Soldiers from the United States will become more comfortable working with them, and they will become more comfortable working with us," he said.



100th MPAD/Wester
Pfc. Eric Vargo (right) from Aurora, Ill., and an Iraqi soldier prepare to search a house during a cordon and search operation in Hor al Bash May 5. Vargo is a member of Co. A, 70th Eng. Bn., which worked closely with the Iraqi Army during the mission.

New option cuts active duty time

Enlistees would finish terms with other service obligation

Army News Service

FORT KNOX, Ky. — A 15-month-plus Army enlistment option is now available nationwide for 59 occupational specialties, allowing recruits a choice of following military duty with service in a program such as AmeriCorps or the Peace Corps.

The U.S. Army Recruiting Command announced this month a nationwide expansion of its "15-Month Plus Training Enlistment Option," a program USARMC officials said was designed to promote and facilitate military enlistment in support of national service.

The 15-month-plus enlistment option was first implemented in October 2003 as a pilot program in 10 of the Army's 41 recruiting battalions.

Applicants enlisting for this program will incur an eight-year military service obligation.

The obligation will consist of 15 months of active duty after completion of basic and advanced individual training and 24 months of satisfactory participation as an active drilling member in the Army Reserve or National Guard. Soldiers have the option of

servicing the remainder of their eight-year obligation in one of three ways, as:

- An active drilling member of the Army Reserve or National Guard;
- A member of the inactive Individual Ready Reserve, known as the IRR
- A member of a National Service Program designated by the secretary of Defense (such as AmeriCorps or the Peace Corps).

Soldiers in the program also can re-enlist to remain on active duty, officials said.

Recruits who enlist for the 15-month-plus training option will be eligible to select one of the following enlistment incentives:

- A cash enlistment bonus of \$5,000 payable upon completion of the initial active-duty obligation;
- Student Loan Repayment of up to \$18,000;
- A monthly education allowance for up to 12 months (currently \$816 per month); or
- A monthly education allowance for up to 36 months (currently \$408 per month).

More about Army enlistment opportunities is available at goarmy.com.

Employees request donated annual leave

CPAC

Several Fort Riley employees are experiencing a personal or a family medical emergency and facing a period of more than 24 hours of Leave Without Pay. The following individuals have requested that their names be released in order that they may receive donated leave.

Helen Sample, Medical Department Activity, control number CPACLT0504

Geraldine Wang, MEDDAC, control number CPACLT1004

Araldo Valdemar, Directorate of Logistics, control number CPACLT2304

Erik Donovan, Directorate of Information Management, control number CPACLT0205

David Klug, Directorate of Plans, Training and Mobilization, control number CPACLT0305

Tammy Nobles, 15th Personnel Services Battalion, control number CPACLT0405

Julianne McElroy, MEDDAC, control number CPACLT0505

Barbara Holsomback, Directorate of Public Works, control number CPACLT0605

Richard Foes, DOL, control number CPACLT0705

Nicole Fox, DPW, control number CPACLT0805

Sandra Barber, MEDDAC, control number CPACLT0905

Melody Williams, MEDDAC, control number CPACLT1005

To donate annual leave to any of these individuals, complete OPM Form 630-A. This form is located on the CPAC Intranet Web site under "Forms."

For more information on leave donation procedures, call Kathy Patzner at 239-3171.

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Commentary

Friday, May 20, 2005

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

Have you known anyone who seemed greatly changed or suffered a lot of post-Iraq stress? How were they different? How were they able to cope with that stress?



"Soldiers are getting into trouble more frequently. They have problems sleeping. There are more domestic problems. Maybe there should be mandatory counseling once a month for everyone for a while when they get back. Most symptoms don't show up for four or five months."

Sgt. Joseph Floro
Mechanic, 568th CSE
Home: Baker, Ore.



"I can't say I've noticed any difference in people. I haven't been to Iraq yet."

Spc. Peter Friese
Engineer, 568th CSE
Home: Sedalia, Mo.



"Overseas we were really close as a unit, but now some people are pulling away because of their families. Overseas we were the only family we had. We had it good overseas despite the attacks - good dining facility, good MWR support, AAFES. We built our camp facilities."

Sgt. Adamantia Garcia
Supply, 1st Maintenance Company
Home: Weiner, Texas



"A lot of people have a hard time sleeping when they come back. Some become undisciplined for short bursts. They're used to going 16 hours, now they have more free time. It helps to get back to training. They need to keep busy, and don't sit in their room."

Staff Sgt. Joseph Jacob
Headed for Drill Sergeant School
at Fort Benning, Ga.
Home: Springfield, Ill.



"It's shown typically by a lack of patience and impulsive behavior. The most effective way to cope is with a strong family foundation and support. There's got to be small unit support."

Capt. Jeremy Larchick
Judge Advocate
Headquarters and Headquarters
Company, 937th Engineer Group
Home: Manhattan, Kan.

Next week's question:

What would you do to try to help someone you thought was suffering with post-Iraq combat stress or stress because their spouse was in Iraq?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Straight talk about oral problems Open wide, it's bacteria jungle in there

By Michael G. Moyer
Periodontist, DENTAC

Imagine you're in a jungle. It's warm and moist and there is plenty of food. It is also crawling with hundreds of diverse species of living things. Many are harmless. Some are even beneficial to the environment.

However, one group can be described as predators, attacking their immediate environment and wreaking havoc far and wide. To stop the wild beasts, you need weapons.

What should you grab?
A toothbrush and floss.

OK, I'm not talking about the Amazon rain forest. I'm talking about your mouth, but it really is a jungle in there. More than 500



Lt. Col.
Michael Moyer

Whether you get periodontal disease depends on a complex interplay between these bacteria, your health response mechanism and environmental factors, such as smoking. Your saliva includes proteins and antifungal agents, which help get rid of oral bacteria.

species of micro-organisms have been identified in the mouth. About 15 of these bacterial species have been implicated for playing a role in periodontal (gum) disease.

The bacteria in plaque cause the gums to become red and swollen and to bleed easily if not removed properly over a period of time. Eventually, gums separate from the teeth, forming pockets. The pockets fill with even more bacterial plaque and infection and eventually deepen.

Over time, tissue and bone are destroyed and the teeth become loose.

To stop this process, it is necessary to eliminate the infection-causing bacteria that accumulate below the gum line. Brushing and flossing at this point is not enough but should be continued.

Dental professionals use special procedures, such as scaling and root planing. These are non-surgical procedures to remove plaque and calculus from below

the gum line and may often require local anesthesia.

Tooth root surfaces are cleaned and smoothed and bacteria and bacterial toxins are removed from the tooth to allow the gums to heal.

In addition, your periodontist may recommend antibiotic treatments to enhance traditional therapies or recommend antimicrobial mouth rinses. These are designed to kill a wide variety of oral bacteria.

Someday, researchers may discover a vaccine to eliminate harmful bacteria from the mouth. Until then, arm yourself with a toothbrush, floss and regular dental visits.

Comments in this article are based on information provided by the American Academy of Periodontology.

Safe riding

Good fortune left only my tire skid marks

By Jonathan M. Stiffler
Army News Service

FORT LEWIS, Wash. — I had just returned from my first deployment to Kuwait, where I spent almost the entire deployment dreaming of the motorcycle I wanted.

When I got home, I quickly started shopping for a bike. I soon found just the one I wanted. I also purchased a jacket, helmet and gloves - all of which were top-of-the-line.

I watched the motorcycle being uncrated and the engine started for the first time. It was like watching something being born. Unfortunately, I'd never ridden a motorcycle, let alone one that weighed more than 300 pounds. My best friend had to put the first miles on the Suzuki to get it home.

Shortly after I got the bike, I practiced riding it in a parking lot and on some local roads. I also went and got my permit and motorcycle license. I told my chain of command I'd purchased the bike and was looking forward to riding it that summer. They told me to look at the post regulations and Army policies on motorcycle riding and make sure I abided by them.

I soon found out that I lacked the required Motorcycle Safety Foundation Basic Rider Course. I was disappointed because it would be a month before I could get the course and meet the requirements to ride. However, after taking the course I felt much more confident in my abilities to maneuver and control the bike. Moreover, I knew how to stop the bike quickly.

As the months went by, I really enjoyed riding my bike. On a Friday I'll never forget, my commander and first sergeant gave a safety briefing. They always included motorcycle safety in their weekly briefing, and I always laughed because I was the only motorcycle rider in the unit.

I'd ridden my bike to the post that day and was getting ready to leave when my commander came up and said, "Ride safe!" I laughed, and told him I would. It was 37 miles from the post to where I lived. The dry, hot weather was pure bike bliss. I was about 15 minutes from post, riding on Interstate 5 near the Tacoma Dome area. It's an area of I-5 where you have to be really careful because there's a curve you can't see around.

I was going about 75 mph to keep up with the traffic. I started into the curve and looked as far ahead as I could, just as I'd been taught in the safety course. What I saw shocked me. The traffic ahead had gone from 75 mph to a complete stop!

I had about 300 yards between myself and a Chevy Cavalier. My mind was racing as I searched for a way out of the mess, but the traffic didn't leave me many choices. Then I saw the outside emergency lane, which didn't look much wider than my bike. I dove into the lane, barely missing the Cavalier and passing 11 vehicles before I got the Suzuki stopped.

I'd just gotten the fastest - and most memorable - lesson of my short motorcycle riding career. I learned to always ride carefully and responsibly and be extra alert when approaching areas where

my vision is blocked. I also realized I needed better braking skills, so I went out and practiced several high-speed stops.

That day I'd almost done a high side off my bike, and the feeling of the front wheel locking up is one no biker ever forgets. I also learned I always need to be planning a safe escape route should I have to avoid a problem on the highway.

That day should have been like any other - but it wasn't.

Some people would say I was lucky - but that's not the case. It wasn't so much that I was lucky as I was fortunate. I was fortunate I'd received the MSF training I needed to help me in an emergency.

Editor's note: Spc. Jonathan Stiffler serves with the 551st Medical Logistics Company at Fort Lewis, Wash. He first submitted this story to the Army Combat Readiness Center as a Skid Marks article.

Grunt By Wayne Udden

ALL MY GOOD HABITS
HAVE TAKEN A LOT OF WORK...
MY BAD HABITS
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NATURALLY...



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LeMay assumes battalion command

Staff report

Lt. Col. Chad LeMay officially took command of the 1st Battalion, 5th Field Artillery, during a change of command ceremony May 5 at Cavalry Parade Field.

The battalion's colors passed from Lt. Col. Mike Cabrey, who had commanded the battalion's Soldiers since June 12, 2003. Cabrey led "Hamilton's Own" battalion in combat operations during Operation Iraqi Freedom.

LeMay graduated from the U.S. Military Academy in 1988 and was commissioned as an artillery lieutenant, earning a bachelor's degree in computer science. He received his master's degree in administration from Central Michigan University.

LeMay has served in numerous command and staff positions, including company fire support officer, battery fire direction officer, platoon leader and battalion fire direction officer with 5th Battalion, 29th Field Artillery, at Fort Carson, Colo.; battalion intelligence officer, assistant opera-

tions officer, and commander of Battery C with the 3rd Battalion, 18th FA, Fort Sill, Okla.; and commander Headquarters and Headquarters Battery, 17th Field Artillery Brigade, at Fort Sill.

After battery command, LeMay was assigned to the National Training Center at Fort Irwin, Calif., where he served as a firing battery observer and controller and as battalion fire direction center observer and controller.

Subsequently, he was assigned to the 2nd Battalion, 17th Field Artillery, where he served as brigade fire support officer for 2nd Brigade Combat Team, 2nd Infantry Division, at Camp Hovey, Korea.

LeMay was then assigned as battalion operations officer and executive officer for the 1st Battalion, 77th Field Artillery, at Fort Sill. Most recently, he served as a fire support observer and controller for the Battle Command Training Program at Fort Leavenworth, Kan.

LeMay's awards and decorations include the Meritorious Service Medal and Air Assault Badge.



LACH/Clark

Proclamation honors hospital's service

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, poses with members of Irwin Army Community Hospital after signing a Hospital Day Proclamation. The hospital hosted open house events in early May. With the general (from left) is Sgt. 1st Class Annette Stewart, Hospital Commander Col. Marilyn Brooks, Lt. Col. John Lee, Col. Bobbilynn Lee, Command Sgt. Maj. Kevin Stuart and Maj. Michael Coulthard.

Talk

continued from page 1

would normally experience if they were over in Iraq or Afghanistan," she said Smith.

Maj. Rick Lee, 937th Engineer Group intelligence officer, monitored and evaluated several negotiations. Lee said he is there to introduce the officers to the interpreters, to coach and to make sure they are doing what is expected of them. "The officers are expected to understand the issues, cultural aspects, end up with a positive outcome, don't stray too far off the mission and to be confident," Lee said.

Capt. Damon Durall, commander of Company B, 1st Battalion, 34th Armor, was one of the officers to participate in the training. "It allowed me to start thinking about the challenges that lie ahead. It also prepared me mentally and technically to handle negotiations," Durall said.

Capt. Jeffery Jurand, also from 1st Bn., 34th Armor, said he felt "the training was good. There were some good teaching points, and I got a lot of value out of it. I have done this training before, but this time I was able to get to the point faster with the negotiations and bring out the bottom line."

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POST SERVICE DIRECTORY



Post news in brief

Education staff sets graduation

The combined graduation ceremony at Fort Riley will be 1 p.m. June 9 at King Field House. Counseling services at the learning centers will not be available the afternoon of June 9 because of the ceremony.

Fort Riley military personnel, family members and civilian personnel who are graduates of local college or SOCAD college programs are invited to participate in the post-wide graduation ceremony.

For more information about participation, call 239-6481.

Pharmacy removes Bextra

Army mandates computer class

In an effort to protect data from internal and external threats, the Army established a directive requiring all Army computer users to complete information assurance training no later than June 4.

Computer users can satisfy their IA training requirement by logging onto the Army e-Learning Program, the G-6's preferred method for fulfilling this requirement. Army e-Learning helps streamline the process for fulfilling IA training and testing results are immediately reflected in the Army Training Requirements and Resources System.

For more information on how to access Army e-Learning for IA training, log onto <http://www.us.army.mil>, My Education; Army e-Learning portal page or Army e-Learning at <http://usarmy.skillport>.

Motorcycle classes offered

The Installation Safety Office has scheduled Basic Rider Motorcycle Courses and Experienced Motorcycle Rider Courses for fiscal year 05.

The Basic Rider Course is designed for persons with limited or no experience riding a motorcycle. The training consists of classroom activities and motorcycle driving during a two-day course.

The basic courses are scheduled on weekends from 8 a.m. to 5 p.m. each day of the course. The first day, students meet in Room 6 of Building 407. Attendees must wear a long-sleeve shirt, pants, over-the-ankle shoes, and full-fingered gloves. Motorcycles and helmets are provided for the basic rider training.

The Experienced Rider's Course is designed for individuals who are skilled at motorcycle riding, possess a safe operating motorcycle and have a motorcycle endorsement on their driver's license.

The course runs from 9 a.m. to 4:30 p.m. on scheduled Fridays. Attendees must bring a safe operating motorcycle and wear a long-sleeve shirt, pants, over-the-ankle shoes, full-fingered gloves, protective eyewear and a helmet. If the helmet has a face shield, the eyewear is optional.

Attendees must also bring their driver's license with the motorcycle endorsement.

The experienced riders course begins in Building 407 and then moves to the riding range.

Both Courses are open to active duty military and their family members, Department of the Army civilians, military retirees, and U.S. Army Reserve and National Guard members working on Fort Riley.

Scheduled dates for the Basic Rider Course are June 4-5, June 18-19, July 9-10, July 23-24, Aug. 13-14, Aug. 27-28, Sept. 17-18 and Oct. 1-2.

Scheduled dates for the Experienced Rider Course are June 3 and 17; July 8 and 22; Aug. 12 and 26; and Sept. 16 and 30.

For enrollment information, contact a unit schools noncommissioned officer or the Installation Safety Office at 239-2334.

KSU assistance helps officer meet her goals

Kansas State University

MANHATTAN – The adage that "people can accomplish the most when they have the most to accomplish" rings true in the case of Robin Mahady, U.S. Army officer, wife, mother and a Kansas State University graduate student.

After high school, Mahady attended Saint Peter's College in New Jersey, graduating with a bachelor's degree in psychology. She then joined the Army. Military service, marriage and a growing family kept her busy for 12 years.

When the opportunity arose for Mahady to further her military career by attending the Army's Command and General Staff College at Fort Leavenworth, the timing seemed favorable. Her husband had already retired from the Army and could help with their three young children.

When the family arrived at Fort Leavenworth, Mahady learned that, in addition to the advanced training for officers in leadership and military science offered at the Command and General Staff College, she could simultaneously complete a master's degree in adult education through K-State.

Because she would be juggling so much personally and professionally, Mahady said she was especially glad to discover that the classes for both programs would be offered at Fort Leavenworth.

worth.

She said she also was impressed at how the military and K-State programs complemented one another. Combined credit requirements make it possible for officers to graduate from both programs at about the same time.

Mahady said she quickly realized that the addition of a master's degree in adult education would offer her greater career options. She was certain that she could use what she learned immediately, but she also found that it would give her some future professional advantages as well.

"This really appealed to me because I didn't want an advanced degree just to help me get my promotion to major," Mahady said. "I also wanted to be able to use it after I retire from the Army in seven years."

A degree in adult education can be beneficial to leaders of other adults in many ways, she said.

"I will use this degree in the future but I can also use it tomorrow. It will apply now to my work with troops, and I could even go on to be an instructor myself at the Command and General Staff College."

Mahady was able to complete requirements for both programs in an accelerated time frame when she found out she was being sent to Fort Hood, Texas, in April and then to Iraq. She had planned to graduate from K-State in May and

from the Command and General Staff College in June.

"I didn't have to figure out how to make this happen all by myself, though," Mahady said. "Cheryl Polson from my K-State program just about did back flips to help me meet my requirements."

Polson, assistant dean of the K-State Graduate School, is director of the K-State program at Fort Leavenworth.

The support that busy students receive from K-State faculty greatly impressed Mahady. "I have to say that everyone associated with this program is very proactive in making sure a student is on track."

In addition to specialized programs, such as those offered at Fort Leavenworth, K-State's Division of Continuing Education provides bachelor's, master's and certificate programs delivered in a variety of formats: online classes, evening classes on the Manhattan campus, off-campus classes and major metropolitan areas, such as Kansas City and Wichita. Students can mix and match these formats to meet their lifestyles and goals.

For more information about available programs and how they may be tailored to fit individual educational needs, visit the Division of Continuing Education Web site at www.dce.k-state.edu or call (800) 622-2578.

Hoeffner eyes challenges as new deputy

By April Blackmon

Staff writer

A little more than a month since she became Fort Riley's deputy garrison commander, Linda Hoeffner said the transfer to her new position has been smooth. Hoeffner, who formerly worked in the Directorate of Resource Management, took over as deputy garrison commander after Helen Gough retired last month.

"It's going real well. I think with my work in resource management area, I worked very closely with the directorates anyway on a lot of issues, so it's an easier transition than if I had been in a directorate that just solely dealt with that particular area," she said.

One of the major items on Hoeffner's agenda is implementing Installation Management Agency's common levels of service. The intent behind the common levels of service, Hoeffner said, is for all installations to basically provide the

same services to the community and Soldiers.

"I hope that we can get to a standard that meets the Installation Management Agency's intent to make our installation as great as everybody else's," she said.

"Also, as we bring in new forces – the new brigade – that we welcome them and (show that) Fort Riley is a great place to live and work."

Fort Riley and Hoeffner face several challenges as the new unit of action begins to arrive, the new deputy garrison commander noted.

"We'll be adding additional workforce, so we'll have to ensure that we have the right skills and qualifications for the positions that will be required to in-process and bring in the new brigade. I think that's our biggest challenge in the near future."

Hoeffner worked in DRM for 10 years. Before that, she worked in the Directorate of Plans, Training and Mobilization.



Linda
Hoeffner

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Workshops 'ASIST' in preventing suicides

By Jamie Bender
19th PAD

When a Soldier has trouble, his battle buddies are there to help him out. From an on-the-spot uniform correction to first aid on the battlefield, Soldiers are there for one another.

The sense of military camaraderie often extends to civilians and families away from the battlefield. Spouses of deployed Soldiers often help each other with childcare, lawn care and moral support.

For the past year, the Army community at Fort Riley has included suicide intervention in the support system.

Last May, Fort Riley began offering the Applied Suicide Intervention Skills Training workshop through the Soldier and Family Support Center. Since then, more than 500 Soldiers and

civilians have attended the 16-hour workshop.

The ASIST workshop trains participants to recognize and respond to signals of suicide intention and provides them with the tools to intervene in a situation of immediate risk.

"What ASIST is all about is training the caregiver to see and respond to behaviors that the suicidal person may be exhibiting," said Patricia Welton, suicide prevention coordinator.

Training done in groups

The training is done in group settings with some portions given to the whole group and other portions done in smaller, more intimate groups. Civilian clothing and first names provide a better group learning environment, said Billy May, ASIST trainer.

"[They] wear civilian clothing

to ensure that we don't have to deal with rank and position and authority," he explained. "We have officers, non-commissioned officers and privates, but no one knows who is who because they are all part of the group. We are all on the same playing field, and our purpose is to do an intervention. The intervention could be with anyone."

During the first day of the class, participants take a look at their own attitudes about suicide before learning how to deal with a person at risk of suicide.

"They need to understand what their attitude about suicide is," May said. "We have a saying: 'don't let your attitude show.'"

[Your attitude] can help the intervention or hinder the intervention, depending on how you come across with the person at risk. We are not trying to change people's philosophies or opinions. We just want them to be aware of what

that attitude is so that during the intervention they can set it aside."

After exploring their own attitude about suicide, the participants are introduced to the phases of the Suicide Intervention Model: connecting, understanding and assisting.

The first day of the workshop involves learning the information and the second day involves applying that information through realistic scenarios.

"[To connect with someone in crisis] you have to be a very good listener," May said. "Part of that involves listening for their reason for dying ... in order to connect with them you have to understand them."

One scenario has the participants role play a crisis worker who hears a shotgun blast over the phone and is told he has five minutes to convince the caller why he should live.

"[The participants] go back to

the suicide intervention model and figure out how to connect with that person," May said.

"They learn how to understand by listening to him explain how much pain he is in and why he wants to die."

"They also learn to understand the [indecision] of the [at risk] person because he wouldn't have called if he wanted to finish the act."

"By listening to what's going on with that person by the time they are to the assisting phase they are able to set safeguards in place ... in order to do that you have to listen to what they are trying to tell you," May said.

Program boosts confidence

The ASIST program also gives participants the confidence to talk openly about suicide.

"It provides the participants the

confidence to ask the question, 'Are you suicidal?'" Welton said. "A lot of times, people think the word suicide is taboo and they won't use it. People think that mentioning suicide to someone who may not even be suicidal may cause them to become suicidal."

Devin Veney, who has attended the workshop, agreed that the class has helped with his confidence level.

"I'm not afraid to tackle the big issues," he said. "I know that there are people out there that do need help, and I am better able to help them get the help they need."

When finished with the class, participants are considered gatekeepers for their units.

"The gatekeepers are a multiplier for the unit commands," May said. "The commanders can't be everywhere, so gatekeepers are in a better position to see where there may be problems."

Soldiers support clinic

Trips bring medical supplies, children's toys

By Matthew Wester
100th MPAD

TAJJI, Iraq – Hundreds of excited children gathered near a clinic as Soldiers passed out school supplies, book bags and toys.

Inside the clinic, another group of Soldiers unloaded boxes of medical supplies as Army medical professionals consulted with their Iraqi counterparts.

Soldiers of the 1st Squadron, 11th Armored Cavalry Regiment, serving as part of the 3rd Brigade, 1st Armored Division; 3rd Infantry Division; and supporting units conducted a humanitarian mission to the Husseinia section of northwest Baghdad near Camp Taji on May 7.

A large part of the mission was delivering medicine, vaccines, bandages and vitamins to the Husseinia clinic.

"About two weeks ago we identified what the facility needed in regards to medical supplies and training," said Capt. Marc Pelini, effects coordinator for the 1st Sqdn.

After dropping off the supplies, Army medical personnel were on hand to show the Husseinia clinic's staff how to properly use the supplies, Pelini said.

Army personnel also were on hand to offer guidance to Iraqi doctors and assess whether past guidance had helped the efficiency of the clinic.

"We came back to assess whether they had taken our recommendations, and they had," said Capt. Eva-Marie Austin, the 3rd Bde.'s medical planner from Catonsville, Md. "They've stocked certain things in the pharmacy, and they've made improvements here."

The focus of the medical part of the mission was support, with Iraqi medical practitioners taking responsibility for providing the healthcare to their own people and



100th MPAD/Wester
Dr. (Col.) John Lammie of the 550th Area Support Med. Co., 3rd Inf. Div., and senior physician on Camp Taji, examines an Iraqi woman's eyes during a mission to Husseinia on May 7. Lammie consulted with Iraqi medical staff about treatment for the woman.

Army personnel helping to get them the supplies and organization they need.

"We're doing things behind the scenes, and we're letting the Iraqi's treat their people in the way they believe is the best way to treat them," Pelini said.

"I've met a lot of tremendously capable colleagues on the Iraqi side," said Dr. (Col.) John Lammie of the 550th Area Support Medical Company, 3rd Inf. Div., and senior physician on Camp Taji. "My hope is that we can get them the infrastructure and be able to provide them with the tools to do the job they know how to do."

As the Army doctors met with

the clinic's workers, neighborhood kids shrugged off the afternoon heat and crowded around a "Humvee," eventually forming a line to receive backpacks, notebooks, pencils, soccer balls and toys.

"Everybody needs school supplies," said Spc. Kris A. Zientara of Company B, 403rd Civil Affairs Battalion, and a Utica, N.Y., native. "It was a little hectic, but it turned out all right. We try our best to organize and go from there."

The crowd continued to grow as the Soldiers made sure every child got something.

"The turnout was good," said Sgt. Michael J. Glenn from Lacey, N.J., also a member of Co. B. "Once we open the trunk, they come from everywhere. The reception we've gotten here, no matter what the operation is, has been good," he said.

Glenn said the wider civil affairs mission in Husseinia includes distributing needed supplies but also will focus on improving sewage systems and infrastructure for the area.

"We're here to help them get back on their feet," he said.

Lammie described the people he dealt with during the mission as polite and receptive.

Austin agreed. "This is a very positive area. The people have received us well, have been very respectful," she said. "Overall, it's been a good experience."



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Irwin earns laboratory accreditation

By Jan Clark

LACH

Irwin Army Community Hospital's Department of Pathology and the Consolidated Troop Medical Clinic laboratory recently received accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists, based on the results of an on-site inspection.

The hospital and troop clinic are two of the more than 6,000 CAP-accredited laboratories nationwide.

The CAP Laboratory Accreditation Program began in the early 1960s and is recognized by the federal government as being equal to or more stringent than the government's inspection program.

The Transfusion Medicine Section for the Department of Pathology also passed the American Association of Blood Banks inspection. This association evaluates the quality of transfusion medicine and practices within the laboratory. It inspects policies and procedures, management practices, training, quality control, quality assurance and compliance with government regulatory directives involving blood component products.

The Department of Pathology was awarded accreditation based on meeting or exceeding the requirements outlined by the American Association of Blood Banks.

Panel addresses combat stress

Editor's note: This is the first in a series of articles concerning identification, causes and prevention or treatment of combat stress.

By Mike Heronemus
Editor

As many as 25 percent of Fort Riley's Soldiers returning for a second tour in Iraq suffer some degree of combat stress, according to a recent survey conducted among post Soldiers, said Chap. (Col.) Kenneth L. Sampson, installation chaplain.

He stated that statistic as a way of pointing out the importance of the discussion being undertaken by a panel of three people at Kapaun Chapel April 28. Each represented a different aspect of dealing with combat stress and people suffering degrees of combat stress.

Roland Fletcher, a bank officer and Vietnam veteran working with a mission to bring Vietnam veterans back into the church was the only member of the panel to refer to combat stress and Post Traumatic Syndrome, but all three panel members addressed that emotional state.

Pearl Speer went to Vietnam as a military hospital director for the American Red Cross. She subsequently worked at a military hospital at Fort Sill, Okla., where she continued to gain personal experience with the effects of combat demonstrated by Soldiers "home from the war."

At Fort Riley, she has worked at the Soldier and Family Support Center and assisted deploying and returning Soldiers and their fami-

lies since the first Iraq war.

Pearl's husband, retired Col. Bill Speer, was a light infantry commander in Vietnam when he lost part of his right arm. He had been in-country 11 months. After a little more than two years of rehabilitation, he applied for continued service and became a medical services officer. As such, he deployed with several combat units before ending his Army career as commander of Irwin Army Community Hospital.

Each panel member attempted to explain combat stress by theorizing about what causes someone to become emotionally disturbed about what has happened to him — no panel member voluntarily introduced information about women Soldiers — in and after being in a combat situation.

Fletcher said his personal belief is that a lot of people post traumatic stress is caused because the person comes back from war "not very happy with their war experience." Guilt, too, contributes to the stress, he said, "and it can be all kinds of guilt (not just because you've killed someone). But if it's not dealt with and builds up, it exacerbates the problems of post traumatic stress."

Psychologists often neglect to deal with a person's moral and ethical concerns, Fletcher said. "It could well be that what they did or what they saw or what they perceived they saw," he said, and those problems will manifest themselves in stressed behavior.

A number of philosophers have written about the stress of being a warrior, offered Bill Speer. "One wrote that the difference between a hero and the average person is

"Stress is what gets you up for the game ... that saves lives out there."

— Bill Speer
Retired colonel, amputee



"I think the only way a Soldier can do what (he) has to do is hatred ... then they have to do something with that when they come back."

— Pearl Speer
Soldier & Family Support Center



"... it can be all kinds of guilt (not just because you've killed someone)."

— Roland Fletcher
Vietnam veteran

that the hero controls the fear."

Speer contends that everybody who goes to war experiences combat stress.

"If you've got someone who goes to that theater not experiencing stress, then they have other, more deeply rooted psychological problems. If they go there and enjoy that, if they go there and don't care, not only do they have a problem, but they are a danger to the unit."

"Stress is what gets you up for the game, that makes you pay

attention to details. It's that stress that saves lives out there," Speer continued.

"There are a lot of people in your survey that might have identified that, which is a life-protecting kind of stress, as combat stress, and therefore could make the survey invalid," Speer commented about Sampson's 25 percent statistic about returnees to Iraq.

One psychiatrist at a Veterans Administration hospital in Boise, Idaho, has observed that every

person who has PTS has to have experienced some sort of horror or fear and an adjoining sense of helplessness, Speer said.

No individual similarities were found that might indicate whether a person with those characteristics, including devout faith, would suffer combat stress or not, Speer concluded.

Pearl Speer suggested personal hatred works its way into the combat scenario. "I think the only way a Soldier can do what a Soldier has to do is (develop) a hatred for a whole class of people, and then (they) have to do something with that hatred when (they) come back."

Combat stress isn't limited to the Soldier who goes to war, contends Bill Speer. "It can occur in the family, and they can be 6,000 miles away from the scenario of battle," he suggested.

The family members have to deal with the stress of having a loved one away in combat, Pearl Speer agreed.

They, like their Soldiers, must deal with the specter of death on a daily basis. Maybe not their own death, Bill Speer said, but certainly the death of someone who is a big piece of their life. The warrior can return and find he's got a family suffering from combat stress, and they're worse off than he is because he can deal with it and they can't, he said.

Editor's note: The next article will discuss how combat stress can affect a person's life and what factors should be considered when dealing with someone suffering with combat stress.

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The battalion's sector now

He added that the additional area secured by the battalion is about three square miles, but is a

Four terror suspects were detained in the raid, and 1st Bn. soldiers found a possible "hit list"

Qussay is ready for that day to come. "We are ready to be responsible for more," he said.

Iraqi Army finds bomber cache

The names of Iraqi Army and Iraqi Police members and other

Iraqi soldiers seized these forged documents in a raid in Baghdad May 8. They also seized almost 100 sticks of plastic explosive and several suicide bomber vests in the raid.

The raid was part of ongoing security missions by the 1st Bn, which has recently added more territory to its area of responsibility.

Soldiers watch citizens rebuild

"Most of Baghdad's sewage and waste water treatment projects were completed in the 1960s and '70s ... The Husseinia area is

"We're trying to help their economy and expand their self-help programs so they can learn skills and trades to help them later for further employment," he said.

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13th Armor patrol foils insurgent attack plot

By Kevin Bromley
100th MPAD

TAJI, Iraq – A patrol from 1st Battalion, 13th Armor, 3rd Brigade, 1st Armored Division, foiled an insurgent plot to attack Coalition and Iraqi Army forces with an improvised explosive device concealed in a parked car.

The American patrol spotted several Iraqi males huddled around a car parked along their patrol route near the city of Tarmiya.

The activity appeared unusual and the Soldiers decided to investigate.

As the Soldiers approached, the group began to flee the scene and detonated the device to cover their escape.

However, because of their proximity to the explosion, the blast knocked one of the insurgents down and he was shot trying to make his escape.

The two other terrorists were apprehended and the wounded man was evacuated for medical treatment. All three insurgents were detained for questioning.

"The capture of these terrorists shows how desperate and often poorly executed their operations have become.

The work of the Coalition Forces and the Iraqi Army is making it very difficult for terrorists to operate in Iraq," said Col. David Bishop, 3rd Bde. commander.

By Michael E. Dukes
Army News Service

FORT INDIANTOWN GAP, Pa. — About 200 candidates showed up May 1 from across the nation. At the end of the week, only eight of them pinned on the Expert Field Medical Badge.

"It's one of the most difficult badges to earn in the Army," said Sgt. Maj. Everett Bivens of the North Atlantic Regional Medical Command operations section. "Now, with Iraq and everything else going on, it's more important than ever for them to excel at taking care of the fallen on the battlefield."

Over the past 20 years, more than 95,000 Soldiers have competed for the highly coveted badge, but only about 21 percent actually succeeded, according to Sgt. 1st Class Brian Chase of Army Medical Command's EFMB Testing Control Office.

Successful EFMB candidates must first pass a 100-question written test. After passing the written test, candidates must complete a series of hands-on field exercises, including proper evacuation of sick and wounded, emergency medical treatment and various common skills tasks.

They also must complete a litter obstacle course and day and night land navigation courses. The final challenge candidates faced was a grueling 12-mile road march.

Only 86 passed the written test at this year's EFMB testing site at Fort Indiantown Gap, Pa. While most of the candidates were from the North Atlantic Regional Medical Command, Soldiers from as far away as California showed up to compete for the badge.

After having shown mastery of their profession on paper, the next step of the testing would see if the remaining Soldiers could put their money where their mouths were - to prove they had the skill and stamina to prove their proficiency in the field.

Eight of 200 earn expert badge



WRAMC/Dukes

Medics run through the litter-carry obstacle course May 3 as part of this year's testing for Expert Field Medical Badge.

While evaluators hurried the candidates through their tasks, explosions shook the trees around them, small arms fire erupted from every direction and plumes of colored smoke billowed into the air.

Screams for help echoed through the forest as simulated casualties lay waiting for the candidates to assist them. The casualties suffered from a variety of battlefield wounds - everything from open chest wounds and possible spinal injuries to Soldiers experiencing combat shock or post traumatic stress disorder.

During a survival component, evaluators presented candidates with a life-like scenario to negotiate:

A helicopter was down somewhere on the hillside and the survivors on the ground needed to be rescued. However, there was a hostile enemy force in the area using small arms weapons, grenades and chemical weapons against anyone who tried to rescue to survivors of the crash.

The steep hills were rocky, fallen leaves and branches covered the ground and it was muddy - all making for a tricky environment for the candidates to negotiate. Halfway up the hill, candidates dropped prone after machine gun fire caught them off guard. They returned fire as they scanned the hillside for the enemy.

When purple smoke appeared around them, an evaluator

informed them that they had just been the victims of a chemical attack. In mere seconds, they had their gas masks in place. Then they proceeded outside the affected area, where they quickly decontaminated themselves.

After a series of additional tasks, they eventually found the wounded Soldiers from the helicopter crash. To get the casualties down the hill to an awaiting "deuce-and-a-half" truck, evaluators asked them to first use a fire-fighter carry to move a fallen Soldier. Next, they were asked to drag them.

After they reached the waiting truck, they were ordered to properly load the casualties into the bed of the truck.

During a litter obstacle course, a team of four candidates carried a Soldier on a litter over a variety of obstacles, including low and high walls, a low-crawl under barbed wire, a series of narrow bridges, rocky and muddy hills and a trench with waist-deep water.

As if the obstacle course wasn't difficult enough, there were enemy ambushes at various points along the way. While rifle fire and simulated grenades went off all around them, colored smoke obscured their view of the path ahead.

At the end of each day, the worn and battered Soldiers wearily made their way back to their base camp for chow and the comfort of their cots and tents.

Each day, the number of candidates competing for the badge shrank. Spirit and morale were tested, but the Soldiers pushed on.

After the final day of the field tasks, with only the road march remaining, only a handful of candidates remained. Of the nine candidates who started the march that morning, only one dropped out.

"Unfortunately the Soldier couldn't make it past the 10 and a half mile point," Bivens said.

Standing in formation May 5, awaiting the award of their hard-earned badges, eight of the original 200 candidates could now call themselves expert field medics.

Michael E. Dukes is the acting assistant editor of *Stripes* newspaper at Walter Reed Army Medical Center.

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Fort Riley Community Life

Friday, May 20, 2005

America's Warfighting Center

Page 13

Community news briefly

Red Cross seeks youth volunteers

The American Red Cross summer volunteer program for youth ages 13 to 18 years old will begin June 1. Applications may be picked up at the American Red Cross office in Building 7264, the Soldier and Family Support Center.

Applications must be completed, signed by the parent and returned to the Red Cross office by close of business May 27 in order to be enrolled in the program.

Orientation will be June 1. Spaces are limited to 45 youth.

Volunteer positions will be at Irwin Army Community Hospital, the U.S. Cavalry Museum, etc. youths with their own idea about where they would like to volunteer should call the Red Cross office staff so they can look into those possibilities.

For more information, call 239-1887.

Library features ducks, geese

Children's storytimes continue at 1:30 p.m. on Saturdays in May. Ducks and geese are the animals of the month featured on the display rack by the circulation desk.

May 21 — In "Duck for President" also by Doreen Cronin, the Farmer's Duck hits the campaign trail, but soon discovers that elected office isn't all it's "quacked" up to be.

May 28 — "Howard," by James Stevenson, tells the story of Howard the Duck and his adventures in the New York City with his new friends.

Storytimes are open to all military families, and there is no charge. Parents must accompany children under 10. The Ft. Riley Post Library is open 11 a.m. to 6 p.m. Tuesday through Saturday, and noon to 5 p.m. on Sundays. The library is located in Building 5306 on Custer Hill.

Congregation to host concert

The congregation of Trinity Evangelical Lutheran Church, 320 N. Cedar in Abilene, invites the public to a concert by Captive Free, a group from the Minneapolis/St. Paul-based Youth Encounter. The concert will present contemporary Christian music beginning at 7 p.m. May 21 at the church.

The congregation also invites the public to worship with it in Eisenhower Park at 10:15 a.m. May 22 and then share a picnic and listen to another concert by Captive Free.

Heart walkers raise \$15,000

With a call to "change tomorrow today," 200 Geary County citizens raised \$15,000 May 1 to help save lives from heart disease and stroke in the annual American Heart Association Heart Walk on the one-mile course at South Park in Junction City.

Twenty teams took part in the non-competitive walk that raised money from individual and other sponsors.

Youth services activities posted

May 21 — 10 a.m. to 1 p.m., free childcare for families of deployed Soldiers.

For more information, call 239-9173.

AAFES wants patrons to pay less

By Diane Weed
AAFES

DALLAS — The Army and Air Force Exchange Service has announced it is raising its limit on verbal price challenges from \$5 to \$10.

"AAFES always aims to offer the lowest price," said AAFES Vice President of Store Operations Phil Holifield.

"Unfortunately, as much as we try, AAFES sometimes may not have the lowest price. When this happens we want to make the price challenge as easy as possible. Raising the verbal limit empowers AAFES cashiers and sales associates to immediately approve the price reduction," he said.

If a customer finds a lower price, all AAFES locations will now accept the customer's word and charge the lower price up to a

difference of \$10. The price reduction will be approved immediately. No competitor's ad or any other proof is required.

AAFES retail stores will match a local competitor's current price on any identical stock assortment item for the customer who makes the price challenge. "Identical" is defined as the same brand, same manufacturer and same model number. For clothing, an identical item has to be the same size, color,

brand and style.

A local competitor is defined as a retailer doing business in the community where the exchange is located.

AAFES BX/PX retail stores, exchange catalog outlets and aafes.com will not match prices on refurbished goods, gray market items, unauthorized dealers and warehouse clubs.

AAFES retail stores worldwide will match pricing on identical

items found in the exchange catalog or aafes.com with the exception of fine jewelry, collectible giftware, crystal and closeouts. Special Orders and CentricMall.com also are excluded.

Other exclusions include bonus or free offers, clearance prices, closeout prices, special orders service contracts, automotive labor and services, special order automotive parts, installation, delivery or assembly services.

Flying fun



Despite the windy weather, Spc. Adam Good finds that it's not easy to get a kite to fly. His wife, Barbara, and their daughter watch and wait for the wind to catch it.

Post/Baker

Families enjoy day of fitness activities

By Jay Baker

Public affairs intern

Go run, hike, bike or fly a kite was the message sent by the Fort Riley Sports Department during the Fit Family Day event at the Outdoor Recreation Complex May 14. May is Fitness Month, and when the weather cooperates, families can get outside and be active together, said Stacy Toner, fitness specialist.

It's a fact that there aren't a lot of elaborate family activities to do on post, but simply flying a kite may bring joy to a child of any age.

"Kite-flying is fun. When you look up, you can see the whole sky and feel the air pulling the kite and tugging the string out of your hands," said Vanessa Corbett, an

eighth-grader at Fort Riley Middle School.

Many of the other activities at Fit Family Day, such as the youth and adult yoga, the obstacle course and the two-mile family fun run, were offered by the Sports Department. Local businesses also participated by sponsoring the kite-flying and providing information on hiking, biking and camping spots around Fort Riley.

"There are probably a lot more opportunities for outdoor recreation than people realize. Milford Lake, Tuttle Creek Lake, Wilson Lake and Clinton, Perry and Eisenhower State Parks are all within two and half hours from here," said Mike Durner, a bike mechanic for a local business.

"These places have great hiking, great biking and excellent recreation activities like boating. Kansas is not flat like a lot of

people think," Durner said.

"Fancy Creek State Park has a four-mile trail for biking that, in some spots, experienced riders need to get off the bike and walk it. It's great for hiking, too," Durner said.

While Durner provided information for outdoor recreation and physical therapists from Irwin Army Community Hospital's Physical Therapy Department offered gait analysis and shoe selection guidance, children seemed to enjoy kite-flying the most.

"Just seeing my daughter and her dad out here flying a kite is a thrill to me, and I'm just sitting back and enjoying it. She just loves being outside, and that's good because we don't want her to become a couch potato," said Barbara Good, a military spouse.

Marriage and Military Life

Tips for remaining 'Semper Fi' in marriage

By Gene-Thomas Gomulka
Retired Navy chaplain

Dear Gene-Thomas,

My wife is on active duty and deployed overseas. Whenever she deploys, even though she says she loves and misses me and our children, she always seems to end up cheating on me. She was raised in a home in which her mother never left an unfaithful husband. I don't know if I can continue to tolerate this behavior. What should I do?

—Hurt and Confused

Dear Hurt and Confused,

Some people who grow up in homes where their parents are abusive can tend to be abusive in their own married relationships. However, such abuse cannot be justifi-

About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military," available at www.plaintec.net

Have a question? Write Gene-Thomas at letters@plaintec.net



fied based upon the argument of learned behavior. Likewise, if one was raised in a home in which a parent's infidelity was tolerated, that life experience cannot be used to justify one's own infidelity.

In his book, "The Art of Loving," Erich Fromm points out that in an effort to overcome loneliness, instead of working at developing deep loving relationships, we sometimes escape by abusing alcohol, drugs or sex. Because of our

strict DOD drug policy, military personnel must frequently will attempt to escape from loneliness, particularly during periods of separation from family and friends, with alcohol or sex.

What might cause some people like your wife to escape through sex? There are a number of factors. You have already identified one reason (i.e., her learned behavior). Had your wife's mother left her husband the first time he cheated

on her, and raised your wife as a single parent, she might have a very different attitude toward infidelity. If your wife does not cease this behavior, what impact might it have upon your children's ideas about love and sexuality?

In addition to family backgrounds, there are also cultural factors that enter into play. Some cultures tolerate certain behavior more than others. For example, when I lived in Sicily, it was not uncommon for me to discover that someone had gone through my car at night in an attempt to steal gas coupons or other valuables. However, living off-base in a Japanese neighborhood, I could leave my laptop computer in my car with the windows open and never worry about it being stolen. What happens to the hands of people who steal in Arab countries?

Given the fact that we as Americans come from a variety of backgrounds, responses to infidelity (like responses to theft) may vary. I was on active duty only one month when an incident took place in which a man killed a fellow serviceman who was sexually involved with his wife. Such incidences influenced members of the Joint Chiefs of Staff a few years back not to accept recommendations to reduce UCMJ penalties associated with adultery.

Because your wife is subject to the Uniformed Code of Military Justice, she can be disciplined under Article 134 and possibly face being separated from active duty, not to mention possibly losing custody of your children if you were to file for divorce on the grounds of adultery.

See Marriage, Page 16





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Community news briefly

Youth program sets schedule

Kansas STARBASE, a Kansas National Guard Youth Program, has set its 2005 summer student academics schedule. STARBASE (Science and Technology Academies Reinforcing Basic Aviation and Space Exploration) is a unique opportunity for students completing fourth, fifth or sixth grade. The Academies take STARBASE students through activities in which they investigate the laws of motion, discover the properties of air and explore the forces of flight.

Students also meet and interact with pilots, navigators, computer technicians, civil engineers and other highly trained professionals.

Academics run Monday through Friday and cost \$90.

Academy dates at the Kansas Army National Guard Training Facility in Salina are July 11-15 for the traditional camp, July 25-29 for robotics, Aug. 1-5 for traditional camp and Aug. 8-12 for young engineers. Campers attending the robotics and young engineers camps must have completed fourth grade and already have attended a traditional camp.

For more information about the Salina camps, call Kristi Wheeler at (785) 822-6602.

Academy dates at the 190th Air Refueling Wing, Kansas Air National Guard, at Forbes Field in Topeka, will be June 20-24 for traditional camp, July 11-15 for Amelia's Angels (girls only), July 25-29 and Aug. 8-12 for robotics. Campers attending the robotics camps must have completed the fourth grade and attended a traditional camp.

For more information about Topeka camps, call Kim Mittermeier or Jason Johnston at (785) 861-4196.

Riley's to host retro dance

Remember the '70s? Well, put your bell-bottoms on and make sure your hair is ironed straight. Prefer the '80s? Then slide into your Calvins and leg warmers and make sure you have big hair. Riley's Conference Center is hosting a Retro Flashback Dance from 8 p.m. to 1 a.m. May 20.

For \$5 dancers will get to boogie oogie oogie the night away as a DJ spins the tunes. Light hors d'oeuvres will be served and a cash bar will be open. This swinging time is open to everyone 18 and older. For more information, call Riley's Conference Center at 784-1000.

Waiting spouses schedule event

The Waiting Spouses' Group has teamed with the Spouses of Deployed Soldiers Group to provide a spouse activity day every fourth Monday (May 23) of the month. Activities are scheduled from noon to 3 p.m. at the Soldier and Family Support Center, Building 7264.

For more information about joining the group or participating in its activities, call Lisa Matthews at 239-9435 or e-mail lisa.m.mathews@riley.army.mil

Crafts center classes posted

May 21 - 9 a.m. to 3 p.m., 3-D buildings in glass
May 22 - 1 to 4:30 p.m., scrapbooking get-together
May 23 - 7 p.m., crochet, knitting and cross-stitch
May 23 - 6:30 to 8:30 p.m., advanced matting and framing
May 24 - 6:30 to 8:30 p.m., wood class - picnic table
May 24 - 6 to 9 p.m., introduction to matting and framing
For more information, call the Arts and Crafts Center at 239-9205.

BOSS members set activities

May 21 - 8 a.m., shopping trip to the Plaza in Kansas City. Board a bus at ITR. Enjoy everything from specialty shops to gourmet restaurants. Travel is

free. Sign up at ITR. Space is limited, so reservations are on a first come, first served basis.

June 3-5 - Colorado white water rafting trip. Spend two days rafting and camping in Colorado. The \$120 trip fee includes campsite, tent rental, rafting, food and transportation to and from Colorado. Bring your own sleeping gear. Sign up by May 23 at ITR.

June 16-19 - Universal Studios trip. The \$250 trip price includes airfare, three nights in a hotel, airport transfers and transportation and admission to Universal Studios. The trip price is subject to change after May 23.

Bands sought for annual battle

The Fort Riley BOSS Battle of the Bands needs bands to compete July 2 at Heritage Park in Junction City. Bands must send recorded demos by June 10 to Fort Riley BOSS, 253 Cameron Avenue, Fort Riley, KS 66442.

Seven entries will be selected to compete for \$1,000 cash.

Bands must consist of three or more members. No prerecorded instruments allowed in the competition.

For more information, call 239-8147.

Rally Point offers entertainment

May 22 - 7 p.m., WWE Pay-Per-View, "Judgment Day"

May 25 - 5 to 9 p.m., Wednesday Wing Night

May 27 - 5 to 8 p.m., family night with family-friendly movie, music and buffet

For more information, call 784-5434.

Auto classes taught at center

The Auto Skills Center offers free basic and advanced automotive repair classes.

The basic class is offered from 6 to 7 p.m. the third Thursday (June 16) of each month. The advanced class is offered from 6 to 7 p.m. every second and fourth Thursday (May 26).

For more information, call 239-9764.

Scouts seeking summer help

The Girl Scouts are looking for volunteers who can devote at least two hours each week for two months this summer on post. No Girl Scout experience is needed. The Scouts are looking for high school students and adults.

To volunteer or for more information, call (800) 432-0286, extension 44, and ask for Nina Keeler, member services manager.

Post students graduate college

About 2,700 students at Kansas State University, including 12 from Fort Riley, were candidates for graduation this spring. Commencement ceremonies were May 7, 13 and 14. Fort Riley candidates for graduation included:

- Bonnie June Adams, bachelor of arts;
- Kristi Anne Casey, bachelor of science;
- Tamara Ann Gallagher, B.S. in business administration;
- Clifton Arthur Garza, B.S. in agriculture;
- Amanda Jeweleve Hane, B.S. in elementary education;
- Sara Ann Hinman, bachelor of science;
- Donna Michelle Johnson, bachelor of science;
- Erin Kay Jurand, master of science;
- Angelia Jonn Lenz, bachelor of science;
- Amy J. Leturgez, B.S. in elementary education;
- Natalie Nicole Marquez, bachelor of science; and
- Jerome Bernard Young, bachelor of science

The university awarded more than 2,240 bachelor's degrees, 350 master's degrees, 55 doctorates and 72 associate degrees.

Army spouse receives writing award

Bertucci wins honorable mention at Kansas contest

By Jay Baker

Public affairs intern

Revealing the oddness of one's own family helped Margie Bertucci win an honorable mention in the 2005 Kansas Voices Contest. Bertucci received a cash award and shared her composition, "The Moth Story," during the 16th Anniversary Winner's Reading at the Baden Square Community Center in Winfield April 30.

Bertucci, a Fort Riley military spouse and aspiring professional writer, submitted the fictitious account based on her family experiences to a group of judges along with 409 other authors. This was the first submission and award for Bertucci and the first time anyone

from Fort Riley had entered the contest.

"I have never submitted any of my work to a n y o n e before. I hesitated and went back and forth trying to decide to send in the story. I finally did it on the last day (of acceptance), and I won," Bertucci said.

The story is not about a moth, although a large part of the story revolves around a father who swallows a moth and he and his wife believe it is still alive and flying around in his head.



Margie Bertucci

Bertucci sets the mood of the story in the first page. When the father's son returns home for a visit, his mother says, "Your father swallowed a moth," and the x-ray shows it flying in his head. The son says, "Wouldn't the moth go into his stomach and die?" "no, this is your father we're talking about," the mother replies.

Bertucci's story takes place around the family's dinner table. In between the odd discussions of moths and beetle races, the family demonstrates concern for their son's future and well-being. However, the constant probing becomes a little annoying to him as the dinner progresses.

Bertucci has written many stories and said she has always wanted to become a professional writer. In spite of her dreams,

Bertucci's finished and unfinished compositions have only been read by a handful of people.

Bertucci's unease about allowing anyone to read her manuscripts, including her own family, is understandable. She said she never felt extremely confident about her writing.

My mother never encouraged me to write when I was younger. My sister wrote a fictitious story once based on visits to our grandmother's house and our family. After my mom read it, she said, 'this part isn't true; so I learned to not allow my mother to read my stories,' Bertucci said.

"I have a lot of things from my childhood that I need to excise, so I plan to do a lot of writing," she said.

DoD committed to childcare needs

By Terri Lukach

AFPS

WASHINGTON, D.C. - The Defense Department is actively engaged in improving childcare services for military parents, a top Pentagon official said May 5.

John M. Molino, deputy undersecretary of defense for military community and family policy, said the largely single, barracks-dwelling military is a thing of the past.

"Today's military is different," Molino said. "A little more than 50 percent of the force is married, and about 44 percent of the force have children ranging in age from infants to college students. Each family has individual needs and

different kinds of needs based on their age group.

"We have to accommodate those needs because we are sending people around the world where they are away from their families, from grandparents and from other traditional means of support," he continued. "We are also deploying more people than in the recent past, and when you do that, you create a single-parent family overnight. More often than not, that single parent has a job, a job they may need to survive," he said.

DoD is trying to reinforce programs that have been working successfully and to come up with creative solutions to help with more or anticipated needs, Molino said.

Extended deployments for large elements at an installation place an increased burden on those who have stayed behind, Molino noted. "Work hours are extended, duty days are extended, and we need extended childcare hours because these people are simply at work for a longer day than they were before," he said.

Molino said two military installations, one in Virginia and one in Hawaii, have childcare 24 hours a day, seven days a week. "It's very innovative, very successful and very popular," he said.

Many military parents need childcare for the short term only - parents who are in training, or who just need a few hours to shop, to go out with friends, or simply take a break, Molino noted.

"We are providing that in many areas," he said, "as well as going 'beyond the gate' to see what options are available in the community, and how existing services may be subsidized for families who are unable to take advantage of service provided on the installation," he said.

Molino said all of the childcare initiatives available to active duty servicemembers also are available to those in the Guard and Reserve.

"If servicemembers are going to be successful in their careers, if they are going to stay in the military, they need to know that the military is an environment friendly to families, friendly to children, and an environment that will facilitate their career aspirations. That is key," he said.

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Market trip

Elian Perez (left) and Tristan Olynick from the Child Development Center test the scales at the post commissary during a field trip May 13. Twenty-four preschoolers from Module 9 took a tour of the facility and were treated to watermelon slices by the commissary staff. The CDC will have openings in their preschool rooms this summer. For more information, call 239-9935.

ASYMCA

continued from page 13

unteers" award for its "Selective Swim" program. That program helps handicapped youth learn to swim.

The Whidbey Island ASYMCA in Oak Harbor won the "Most Innovative Improvement" award for its full-day kindergarten program. The awards earned each branch a \$4,500 grant from Raytheon.

Affiliate YMCAs from six regions across the country also were recognized with awards for their outstanding programs serving families of enlisted personnel.

Trygg said he's humbled to be named the ASYMCA Volunteer of the Year "because it's not only me, it's the entire community." He said the community held fund-raisers, an "adopt a company" program and a number of other troop-support initiatives for the past 10 years.

"I try to help the families with some of their extraordinary needs and send packages to the troops in Iraq and Afghanistan monthly," said Trygg, an executive board member of the Fort Riley Chapter of the Association of the United States Army. "The packages include beef jerky, a Slovenian walnut sweet bread called 'povitca,' and a host of other goodies."

Citing an example of "extraordinary needs" some military families experience, Trygg recalled driving home for lunch one day and seeing a woman at the side of the road who looked like she needed help.

"She said her car quit running and showed me her three kids in the car," said Trygg, who holds numerous patents for heavy

What is the ASYMCA?

Since the Civil War, the Armed Services YMCA has provided educational, recreational, social and spiritual programs to military members and their families.

The ASYMCA, an affiliate of the YMCA of the United States of America, with headquarters in Alexandria, Va., has more than 150 program locations around the world.

Retired Navy Rear Adm. S. Frank Gallo is the national ASYMCA executive director, and retired Army Maj. Gen. Donald Infante is ASYMCA's board chairman.

machinery that have modernized the highway construction process. "So I got a mechanic to look at her car and then got hold of a local dealership and they fixed her car - free!"

He said the woman was disturbed because her husband had just gone to Iraq. "She didn't have any money," Trygg recalled. "She couldn't get hold of the family support group. So we said, 'We'll take care of it,' and got her car fixed."

On a larger scale, Trygg arranged with Wal-Mart transportation to haul about 15 tractor-trailer loads of products for families of deployed servicemembers at

various collection points - soap, deodorant, dolls and many other items.

Trygg also raised money for a monument that was dedicated at Fort Riley in October. "It's a twin towers made out of granite and shaped like the Pentagon," he said. "It will be rededicated every Sept. 11 until the global war on terrorism is over."

In the past three years, Trygg has collaborated with Procter and Gamble to donate nearly 600,000 pounds of promotional products to deployed Soldiers in Iraq and Afghanistan and to their families in the Fort Riley area. He also helped to start an "Adopt a Platoon" program that sponsors Army units deployed to Iraq and Afghanistan. The program has gained nationwide recognition. Konza Construction has sponsored more than 2,500 Soldiers since the program started, he said.

ASYMCA officials said since the beginning of the terror war, Trygg has spearheaded local efforts to provide support for wounded Soldiers assigned to Fort Riley. That effort resulted in donations of more than \$82,000 for the Wounded Soldier Fund.

In 2004, Trygg coordinated the pick-up and delivery of more than 7,000 individual packages from Kirkland, Wash., to Junction City, Kan., that served as Christmas presents for troops engaged in the war against terrorism.

"He doesn't like to be recognized," Gaile said of her husband. "He just likes to be behind the scenes doing things. But this is a great honor for him."

Marriage

continued from page 13

Having sex outside of marriage can have serious legal ramifications, as well as impact one's health, and the health of one's spouse.

Just as a person needs professional help to arrest cancer, so too do most couples need to meet with a counselor in order to arrest infidelity. What are the chances of saving the marriage and rekindling a deep loving relationship? The potential for reconciliation is greater in cases where the unfaithful spouse's involvement was more physical than emotional.

I cannot recommend more strongly that you get professional help as well as look into programs like Retrouvaille designed for couples with serious marital problems. Before discussing your problem with anyone inside or outside of the military, be sure that both you and the chaplain or counselor understand how your particular branch of the military defines "privileged and confidential communications." In meeting with civilian counselors, recognize too that mandatory reporting requirements in relation to what constitutes "criminal" behavior varies from state to state. If one or both of you are hesitant to meet with a military chaplain or counselor, you can also contact Military OneSource at 800-342-9647 to arrange for up to six free counseling sessions offered by civilian professionals. While your wife is currently deployed, you yourself may benefit from such counseling as you discern how to proceed based in part on your wife's willingness to accept help in adhering in marriage to the Marine Corps motto, "Semper Fidelis."

JL Media
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Fort Riley Sports & Recreation

Friday, May 20, 2005

America's Warfighting Center

Page 17

Sports news in brief

'Manhattan 150' includes biking

Manhattan will celebrate its sesquicentennial with a variety of events, including two historical bike tours stretching a total of 93 miles past several historical sites. Ride 150 takes place May 28 and 29 and costs \$15 in advance or \$20 the morning of registration.

Registration will be from 7 to 7:45 a.m. May 28 at the picnic shelter on Poyntz in City Park. That day's ride begins at 8 a.m. and ends at 3 p.m. and will travel about 60 miles through southwest Riley County.

Registration May 29 will be from 9 to 9:30 a.m. at the City Park Pavilion. The ride begins at 10 a.m. and travels for about 35 miles through eastern Riley County. The ride ends between 2 and 4 p.m. at the sesquicentennial barbecue site. The barbecue costs \$5.

For more information or to register, visit www.celebrate150.org on the Web.

Football camp set for early June

The 2005 Kansas State Football Camp for youths June 5-8 on the K-State campus includes intensive instruction from the Wildcat coaching staff.

Campers can participate in a resident plan, which entitles campers to on-campus housing during the camp, or in a commuter camp. The resident plan includes room, board and all meals at a cost of \$235. The commuter plan costs \$130 and includes a daily lunch.

Two practice sessions, with many in the KSU stadium, highlight each day's activities. Besides structured practice sessions, campers will have the opportunity to participate in passing league drills, weight training, position meetings and film study.

Check-in for all campers is from noon to 2:30 p.m. June 5 at the Derby Food Center at Manhattan Avenue and Claflin Road.

For registration information, call the K-State football complex at (785) 532-5876.

Bowling costs \$1 Wednesdays

On Wednesdays from 6 to 10 p.m., now through Aug. 31, Custer Hills Bowling Center will feature all types of dollar specials. Bowlers can buy a \$2 wristband and bowl for \$1 per game. They can rent shoes for \$1 and try some of the snack bar's food items for \$1. For more information, call the bowling center at 239-4366.

Outdoor Rec hours to change

Fort Riley's Outdoor Recreation Center hours of operation will change May 29 to Sept. 10. The new hours of operation will be 8 a.m. to 5 p.m. Sunday, Monday, Thursday, Friday and Saturday. The center will be closed Tuesday and Wednesday.

For more information, call Carol Alexander at 239-2249.

Swim lessons scheduled

Swimming lessons will be given June 13, 14, 16, 17, 19, 20, 22 and 23 at Custer Hill Outdoor Pool. Sign-up begins May 30 at the pool. Cost is \$20 per child.

Class times will vary depending upon the child's age and swimming ability.

For more information, call 239-9441 or 239-2172.

Soccer finals

Engineers win post tournament

By April Blackmon
Staff writer

The 1st Engineer Battalion defeated 331st Signal Company 2-1 for the post's soccer championship May 11.

Engineer players agreed it was their teamwork that helped them win.

"We never surrendered. We played hard. Even though we lost the first (season) game to them - our only loss - we made our goals this game. That was a great effort by our team," said Engineer Wendell Solano.

The Engineers' strong offense maintained control of the ball throughout most of the first half of the championship game. Both teams' goalies scrambled throughout the half and thwarted all goal attempts.

The Signalmen kicked the first strike of the second half. Mike Montoya won a battle against Engineer goalie Ron Conway and scored the team's lone goal.

Later, Solano took a penalty shot outside the box and lobbed one over Signal goalie Michael Hobbie to tie the game.

After several near goals by the Engineers, Wendell scored again late in the second half to take the 2-1 lead. The Signalmen got in position for a few more shots on goal, but Conway stopped each attempt.

"Pretty much I was thinking about my two friends that died, so that's what really inspired me," Solano said. "This game was dedicated to Spc. Wesley Gordon and Pfc. Phillip Christensen. Wesley was going to play with us, and Phil was going to train us physically, but they died (in an auto accident)."

The tournament game was the second time the two teams had met. During the regular season, the Signalmen beat the Engineers 5-0 and earned the regular season title.



Engineer player Eric Sawtelle heads the ball while Signal players Joshua Meader (5) and Justin Bates look on.



The 331st Sig. Co. goalie, Michael Hobbie, knocks the ball away from the goal while 1st Eng. Bn.'s Jesus Cuartas tries for the ball. Signal player Justin Bates (4) stands ready to defend.



Engineer player Shawn Bui takes the ball downfield while a Signal player runs back to play defense. The 1st Eng. Bn. defeated 331st Sig. Co. 2-1 in the post tournament finals May 11.

Cowbirds let others raise their young

By Gibran Suleiman
Wildlife Biologist

Raising a nest of screaming hungry baby birds can prove to be a very daunting task, so one common bird on Fort Riley decided to let another bird do the dirty work.

The brown-headed cowbird, one of the most common grassland birds on Fort Riley, is known as a brood parasite. They don't build nests, incubate their eggs or even feed their young; they let other birds do it all for them.

A single female cowbird can deposit 40 or more eggs in a single



Gibran Suleiman

species are known to fall victim to the cowbird's strategy.

On the Wildside: News About Nature

Female cowbirds typically try to place their eggs in nests of smaller species so that the cowbird chicks will have a competitive advantage when being fed by the host mother. Unlike other types of brood parasites, newly hatched cowbirds do not push out the host's eggs or its nest mates. But, for smaller species of birds, the competition from the larger cowbird in the nest can spell disaster and cause starvation.

Some species of birds have

evolved to fight back. These birds can recognize when a cowbird egg has been deposited in their nests. They will typically abandon the nest and cowbird egg, destroy the egg or bury it with nesting material and let it go bad.

The impact that cowbirds have on other birds varies. For some species there seems to be little to no impact, while in others there is a large impact to the point that

See Cowbird, Page 18

Civilians allowed PT time

Program gives DA employees exercise hours

By Jay Baker
Public affairs intern

Department of the Army civilians may take three hours per week off work for physical training, according to Army regulations.

In January, the Fort Riley command sponsored the My Life Fitness Program, the first and only civilian health promotion program on-post that allows civilian employees paid time off work for health education and exercise, said Kim Miller, Directorate of Morale, Welfare and Recreation Fitness program manager.

For up to six months and three days each week, participants of this formal exercise program can work out and attend the fitness-related classes we have here at King Field House," Miller said. DMWR is testing the program with a number of its employees and plans to make it available for all employees later this fall, Miller said.

"Everyone will go through an assessment process to determine their beginning level of fitness," she said.

The assessment process is completed at King Field House in the gym. The assessment is thorough and is used to evaluate pre- and post-program condition. There also is continuous monitoring and opportunity for Miller and participants to get feedback.

"The assessment begins with height and weight measurements. From this we determine their body mass index. Depending on the results of their BMI, we may do a caliper or pinch test," Miller said.

"The BMI does not differentiate between fat and lean muscle tissue," Miller explained. "A person 5 feet, 8 inches and 175 pounds would be considered overweight, but may actually be an athletic individual that weight trains. Therefore, we would do the three-site caliper test, which measures the thickness of the fat layer at marked locations on the body. This test estimates the percentage of body fat and would give us a more accurate measure of body composition."

Participants also go through muscle strength and endurance tests, flexibility tests and cardio-respiratory endurance tests at different stations in the gym.

The benefit of the assessment is to help Miller establish a baseline, monitor the progress of the participants and educate them on their general health. After the total physical assessment, the participants set goals and begin lifestyle classes.

"I recommend the healthy lifestyle and fitness classes because the purpose of the program is to get individuals to live a healthy lifestyle, which in turn boosts workplace morale, efficiency and productivity," Miller said.

Participants receive a schedule of classes and take it to their supervisors. Both make arrangements to allow the employee to attend classes, depending on the work schedule, she said.

Participants have to track their workouts in a fitness log. They may work out in any of the post's fitness centers or just do an invigorating walk during the day, Miller said.

Participation in the program is limited. "I and Stacy Toner (fitness program specialist) develop, coordinate and conduct the entire program. We get some assistance during the assessment and for classes, such as nutrition, shoe selection and injury prevention, from indi-

See PT time, Page 19





Post/Meek

Walking for fitness, fun

Family members go for a three-mile stroll during the "Walk This Way" community walk May 7. The walk was a way for participants to kick off spring physical fitness activity as well as seeing the sights of Fort Riley.



Post/Baker

Outdoor Rec offers Bass Tracker

Soldiers, retirees and family members authorized to rent items from Fort Riley's Outdoor Recreation Center can take to the lakes with a new Bass Tracker. The boat is available for rent at Outdoor Rec for \$125 a day or \$200 for the weekend.

"It's fully loaded. It has a fish finder and live well. It holds up to four people," said Melody Lacour, who works at the center.

Renters must show proof of completing a boater's safety course. "If you haven't taken one before, you can take it here and rent it the same day," Lacour said.

For more information, call Outdoor Rec at 239-2363.

WILDCAT PET RESORT
2 x 5"
Black Only
2x5 Post. ad 5-20-05

PATRICIA'S UNDERCOVER
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Black Only
1x1.5 Patricia's 04/08 0992

TYME OUT LOUNGE
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Black Only
1x3 Tyme Out

KANSAS WIRELESS
3 x 4"
Black Only
3x4 KS WIRELESS 5/17 2884 ML

Army car finishes 18th

By William Thurmond
Army News Service

RICHMOND INTERNATIONAL RACEWAY, Va. -- Loose, looser and loosest. It's not proper English, but that's how NASCAR fans conjugate that particularly unpleasant verb.

The term implies a car that cannot hold a turn well. Bottom line: It's bad.

And the Army team got plenty of practice using it in Richmond May 14.

Pole sitter Kasey Kahne apparently did not use "loose" in a sentence much, as he dominated the race and led for 242 of 400 laps, winning his first NEXTEL Cup.

Also finishing strong was Greg Biffle in the Army National Guard Ford, who finished sixth.

Biffle's performance marked his seventh top 10 2005 finish, advancing him one spot to become the current second-place driver in the NEXTEL Cup points race.

Starting from the 13th row in 25th position, Joe Nemechek drove the Army car hard all night, finishing 18th, seven spots ahead of where he started.

While that result may not impress casual observers, rest assured that the team sweated all night to achieve it.

Nemechek's ill-handling racecar failed to respond to multiple chassis and air pressure adjustments through the first two-thirds

of the Chevy American Revolution 400. Following pit stops, the Army 01 Chevrolet would briefly gain positions only to give them up during long green flag runs.

"We just couldn't mount a charge," Nemechek said. "The U.S. Army Chevy would run decent for a while, then it would fall off."

Seeing that a more radical solution was required, Ryan Pemberton, the Army racecar's crew chief, called for Nemechek to pit twice during a late race caution. Pulling off the left front tire, the team worked feverishly on the front

shock assembly, completing an adjustment and getting Nemechek back in the race seconds before he was lapped by the field.

Pemberton's risk apparently paid off, as Nemechek was able to pass nine cars during the final 60 laps of the race.

"We made the shock adjustment and that seemed to help," Nemechek said. "The car was better at the end, but it still wasn't where it needed to be."

May 21 will find Nemechek representing the Army in the Nextel All-Star Challenge at Lowe's Motor Speedway in Charlotte.



ANS/Thurmond

Gasman Danny Harrington and catch can man Mark Bieberich pack the Army car's fuel cell full during a mid-race pit stop at Richmond's Chevy American Revolution 400.

Cowbirds

continued from page 17

extinction becomes a threat.

The brown-headed cowbird has greatly expanded its range in the past 100 years. As the name implies, the cowbird is known to follow around large mammals and eat the insects that the hooves of the animals disturb.

As thousands of acres of forested land were cleared and turned into grazing land for cattle, the brown-headed cowbird expanded its range. This was especially bad news for forest nesting songbirds that lost considerable amounts of habitat and faced a new species of bird that was destroying their

broods. One such species is the endangered Kirtland's warbler.

This type of warbler has been affected to the point that part of its recovery plans includes physical removal of cowbirds.

Typically, cowbirds are seen in grassland habitats on Fort Riley. They are smaller than most blackbirds. Males are a metallic greenish black with brown head and neck. Females are a drab gray with brownish wings and a streaked breast.

During the summer months, cowbirds dine on insects. They switch to grain during the winter

months. The majority of cowbirds leave Fort Riley in the winter.

The brown-headed cowbird is a fascinating bird. By being a brood parasite, it has gained many advantages. A single female is able to produce many offspring while expending very little energy. Because cowbird pairs are not tied down to the nest and raising their young, they can always be on the move.

Ornithologists have thought that advantage to be extremely useful during times when cowbirds would follow the great bison herds as they roamed the prairie.

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Sports news in brief

Lousy bowler league to begin

Bowlers embarrassed by their performance now have their own league. Alley-challenged bowlers can sign up at the Custer Hill Bowling Center for a nine-week bowling league designed for lousy bowlers. League teams will bowl every Wednesday evening June 15 through Aug. 10. Teams of three to five members can enter for \$80 per person.

For more information, call the Custer Hill Bowling Center at 239-4366.

Bowling camps planned on post

Three youth bowling camps are planned this summer at the Custer Hill Bowling Center on post. Each camp will be two weeks long and cost \$100 per person. Camps will be June 13-24, July 11-22, and Aug. 4-12.

For more information, call (785) 738-7104 or the Custer Hill Bowling Center at 239-4366.

Run winners qualify for team

The Fort Riley Prairie Run consists of three different races, a 10-mile, five-mile and two-mile race. Each race is open to the Fort Riley military community and the general public.

The race is scheduled for July 23. It will start and finish at King Field House.

The five- and 10-mile races will begin at 7 a.m. and the two-mile race will begin at 7:10 a.m.

Awards will be given to the top three finishers in each gender and age category for each race. An overall first-place award will be given to the top male and female finisher of each race.

Any runner who enters before July 13 pays a registration fee of \$10 and gets a T-shirt. After July 13, the registration fee is \$12 and there is no guarantee late entrants will receive a T-shirt.

The 10-mile race will be used to determine the members of an active duty team to represent Fort Riley at the Army 10-Miler in Washington, D.C.

For more information, contact the Fort Riley Sports Office at 239-2172.

The registration form is available under the fitness link on the Fort Riley Web site, www.riley.army.mil.

Golf, fishing set for mid-June

Golfers and fishermen are invited to take part in the Kansas Wildscape Governor's Golf and Fishing Classic June 16-17 at Milford Lake and Rolling Meadows Golf Course in Junction City.

Participants will play golf on June 16, with a special dinner meal sponsored by the Junction City Area Chamber of Commerce and Wildscape auction during the evening hours.

Fishing takes place June 17. Participants can bring their own boat or be placed with a guide and boat.

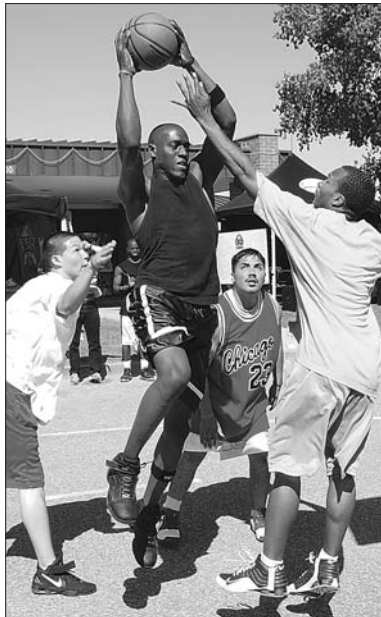
The Classic is a fundraiser for Kansas Wildscape, a non-profit organization dedicated to providing outdoor opportunities for all Kansans.

For entry forms, contact Connie Hall at (785) 238-2885 or by e-mail at chall@junctioncity.org or Kansas Wildscape Foundation at (785) 843-9453.

GRAND OL' TRUNK THRIFT
SHOP
1 x 1'
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1x1 Grand ol' Trunk04/15 1385jd

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1x1 PrimeTime 4/17 1751

Armor team conquers SCION SLAM



Sheldon Bell of the Predators goes up for a shot while surrounded by Got Lean's Malcom Coulter (left), Juan Colunga and Mike Edwards (right).

PT time

continued from page 17

viduals of the hospital and sports staff. The small number of participants also helps us give attention to them during the course of the program," she said.

Participants in the program improve their physical fitness through nutrition, exercise and health education. These lifestyle changes will, in turn, reduce stress, Miller said. Anyone who is serious about improving his or

her lifestyle will have to make small sacrifices little by little, she said.

"Exercise is a commitment that takes time and continued effort. Anyone who does not participate in the My Life Fitness Program may come to King Field House and ask questions to help develop their own fitness program and learn about lifestyle changes," Miller said.

WHISKEY LAKE RACENWAY
2 x 3'
Black Only
2x3 Whiskey Lake 5/19 2931

BATES DANCE STUDIO
2 x 6.5'
Black Only
2x6.5 batedance Scl8 4j2937

By April Blackmon
Staff writer

Coach Richard Parmer predicted the Predators would win the championship game 16-10.

He even had the DJ announce the prediction over the loud speaker.

Parmer's prediction was half right. The Predators defeated Got Lean in the final game of the SCION SLAM 3-on-3 tournament May 14, but they barely won it 16-14.

"See, I told you they would win," Parmer gloated.

Thirty three-person teams entered the single-elimination tournament played nearly all day in front of Rally Point on Fort Riley. Each game until a team reached 16 points to win. After some seven hours of basketball, only two teams were left. By that time the faced each other for the final match up, both teams had each played four games each.

"It was rough on the legs," said Predator player Andrew Wong.

Both teams looked weary by the

start of the final game, but neither seemed willing to give up easily. Got Lean player Juan Colunga went down early with an ankle injury. With no substitutes, he taped his ankle and returned to play.

The Predators took an early lead and, with strong offensive boards, they kept control of the lead throughout the game.

Got Lean's Malcom Coulter stayed hot on the basket, however, and brought his team within one point at 14-13.

Wong answered with a drive to the basket, making it 15-13. A fouled Coulter went to the line for Got Lean and nudged his team's score back to within one of the leader.

The Predators' rebounding prowess paid off in the end when Bell grabbed a missed basket shot by teammate Brandon McCoy and put in the final points of the championship.

"It feels good to win. It was a challenge, but worth it," Bell said of the five games the Predators played.

The top three teams received a

variety of prizes for winning. In addition, the Predators won \$1,000 for first place; Got Lean received \$300, Third-place finishers, the Cougars, took home \$100.

"It went fantastic. We had a great day," said Beth Ernst, chief of marketing and advertising for the Directorate of Morale, Welfare and Recreation at Fort Riley.

In addition to the tournament, games were set up for children to play, a DJ was on-hand to provide entertainment, concessions were available, drawings and giveaways surprised the winners with gifts and new Scion vehicles were available for viewing and test driving.

The SCION SLAM is a traveling one-day tournament. It began in early March and is visiting 34 U.S. military installations. The stop at Fort Riley was a success despite a low turnout due to deployments, said tournament director Joel Degraaf.

"The event went really, really well. We're happy with how things turned out," Degraaf said. "Next year we're hoping to come back."

Winners

1st place: Predators

Sheldon Bell, Co. A, 1st Bn., 34th Armor
Ricky Harris, Co. A, 1st Bn., 34th Armor
Brandon McCoy, Co. A, 1st Bn., 34th Armor
Andrew Wong, 1st Bn., 34th Armor

2nd place: Got Lean

Juan Colunga, Junction City
Mike Edwards, Junction City
Malcom Coulter, Lawrence

3rd place: Cougars

Brandon Hubbard, Lawrence
Jamael Norris, Public Works
Charlie Williams, Public Works

4th place: Dem Boyz

Tito Davis, HHG, 1st Bn., 16th Inf.
Dennis Hughes, Co. B, 1st Bn., 16th Inf.
Derald Jones, 331st Sig. Co.
Shawn Mvwn, Co. C, 1st Bn., 16th Inf.



Got Lean's Malcom Coulter (left) loses control of the ball while Andrew Wong of the Predators tries to grab it. Mike Edwards of Got Lean (back left) and Sheldon Bell (far right) of the Predators look on.

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Post news in brief

Sports staff slates activities

May is fitness month and Fort Riley offers some free fitness events and classes.

May 20 – 7 to 10 p.m., Friday Family Fun Night, \$5 per family

May 23, 25 – 9 to 10 a.m., train for the Prairie Run

May 23, 26 – Noon to 1 p.m., Fitness Yoga (normally \$2 per class, \$1.50 if paid in advance monthly), bring own mat if you have one, King Field House

May 23, 25 – 5:45 to 6:45 p.m., Cardio Pump Aerobics, \$2 per class (\$1.50 if paid in advance monthly), King Field House

May 24 – 6:30 to 7:30 a.m., PT Power Time

Fridays – 7 to 10 p.m., open session roller skating, Riley Wheels Skating Rink at King Field House

Saturdays – 6 to 8 p.m., and 8 to 10 p.m., open session roller skating (\$1.25 stay-over fee for second session), Riley Wheels Skating Rink

Sundays – 2 to 4 p.m., family skate session, \$1 per family member, Riley Wheels Skating Rink

For more information, call 239-2813.

Firearms range open for weekend

Fort Riley's Range 9 for privately owned firearms is open for use on weekends by authorized patrons. Confirmation dates are May 21, 22 and 29, weather permitting.

The range may be open other days or those confirmed dates may change. Anyone wanting to use the range should first check with Outdoor Rec at 239-2249 to confirm the range is open.

The range is usually open despite inclement weather. If the range is to be closed because of severe weather or extreme cold or heat, the range officer scheduled for duty will notify Range Control and Outdoor Recreation.

Military police man the gate to the range area and inspect for range pass and that all weapons have the proper

Provost Marshal's Office registrations. The vehicle pass for the range can be picked up at the Outdoor Recreation Center.

Firearms owners also can register weapons at the Outdoor Rec Center, although it is recommended owners take a list of their weapons and serial numbers they wish to shoot at Range 9 to the PMO's Physical Security Office. Staff in that office will issue the proper paper work once the process is completed.

All users of the POF Range must possess a valid Department of Defense ID card and a Fort Riley weapons registration form for their firearm. All users of the POF range must have a valid POV pass before driving north of Vinton School Road.

All shooters must bring their own hearing protection. No water is available at Range 9.

Target stands and targets are available at no charge at Range 9.

PRAIRIE HAWK CYCLE & LEATHER,
1 x 1.5"
Black Only
1x1.5 prairie hawk t f dj 225

MANHATTAN SHOE REPAIR
1 x 2"
Black Only
1x2 shoe repair 2312 dj



Post/Blackman

OCSC golf tournament

Michelle Moon prepares to put while Karly McKay removes the flag during the Officers' and Civilians' Spouses' Club's scramble May 15 at the Custer Hill Golf Course. Nineteen teams played in the four-person scramble. Sara Hinman, Cortney Kimball, Carren Ziegenfuss and Tracy Murty received the highest score, hitting 121 times on nine holes.

Basketball camp dates announced

Kansas State University

MANHATTAN – The Kansas State men's basketball office has announced dates for Head Coach Jim Wooldridge's three summer basketball camps on campus.

Wooldridge will offer a father-son camp June 17-18, individual camp June 26-29 and day camp July 18-21.

The father-son camp offers a father and son (ages kindergarten through eighth grade) an opportunity to spend a special weekend together. Emphasis will be on teaching fundamentals to the fathers, who in turn teach them to their son. The camp features a Friday evening barbecue, guest speakers, instructional stations and scrimmages with and against Wildcat players.

Space is limited to the first 120 father and son pairs who sign-up. Cost is \$180 per pair.

Individual camp will run June 26-29 for kids age 8-18. The primary emphasis will be on developing fundamental skills in shooting, passing, dribbling, rebounding and

defense. Skills will be taught through instructional stations, three-on-three games and five-on-five games. The camp also features daily skills competition, dunk contests and instruction by K-State coaches and players.

The cost is \$295 for resident campers and \$250 for commuter campers.

The day camp is for kids in kindergarten through eighth grade. The primary emphasis and method will be the same as that in the individual camp. The day camp also features daily skills competition, dunk contests and instruction by K-State coaches and players. The cost is \$115.

Wooldridge and his staff will instruct and direct the camp. K-State players and college and high school coaches will also work with the campers.

Individuals can register for any camp by calling the men's basketball office at (785) 532-6531 or (800) 651-4667. Individuals may also download a camp brochure and register online at www.kstate-sports.com.

VENTO CARA
1 x 2"
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1X2 Cara Vento 5/20 2935 ml

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Black Only
1X2 Man Carpet & Floor 4/28

SETH CHILD CINEMAS
2 x 5.5"
Black Only
2x5.5 Camlike/Seth May TF ml

West Point tennis wins league

By Ernest Wong

Army News Service

WEST POINT, N.Y. – The men's and women's tennis teams at the U.S. Army Military Academy won their respective Patriot League Championships this year.

The women shut out Bucknell 4-0 in the championship match April 17 at the Malek Tennis Center, West Point. The men persevered against top-seeded American University in Washington, D.C., April 24 to claim a 4-3 vic-

tory for the title.

In celebration of the victories, West Point Superintendent Lt. Gen. William J. Lennox Jr. invited the cadets to his house April 26. Lennox thanked the teams for their outstanding resilience throughout the year.

"I am so pleased with the courage, determination and guts all of you showed on the courts," Lennox said. "Your winning spirit and sportsmanship attest not only to your own personal character, but that of your fellow cadets,

this academy and the entire U.S. Army as well.

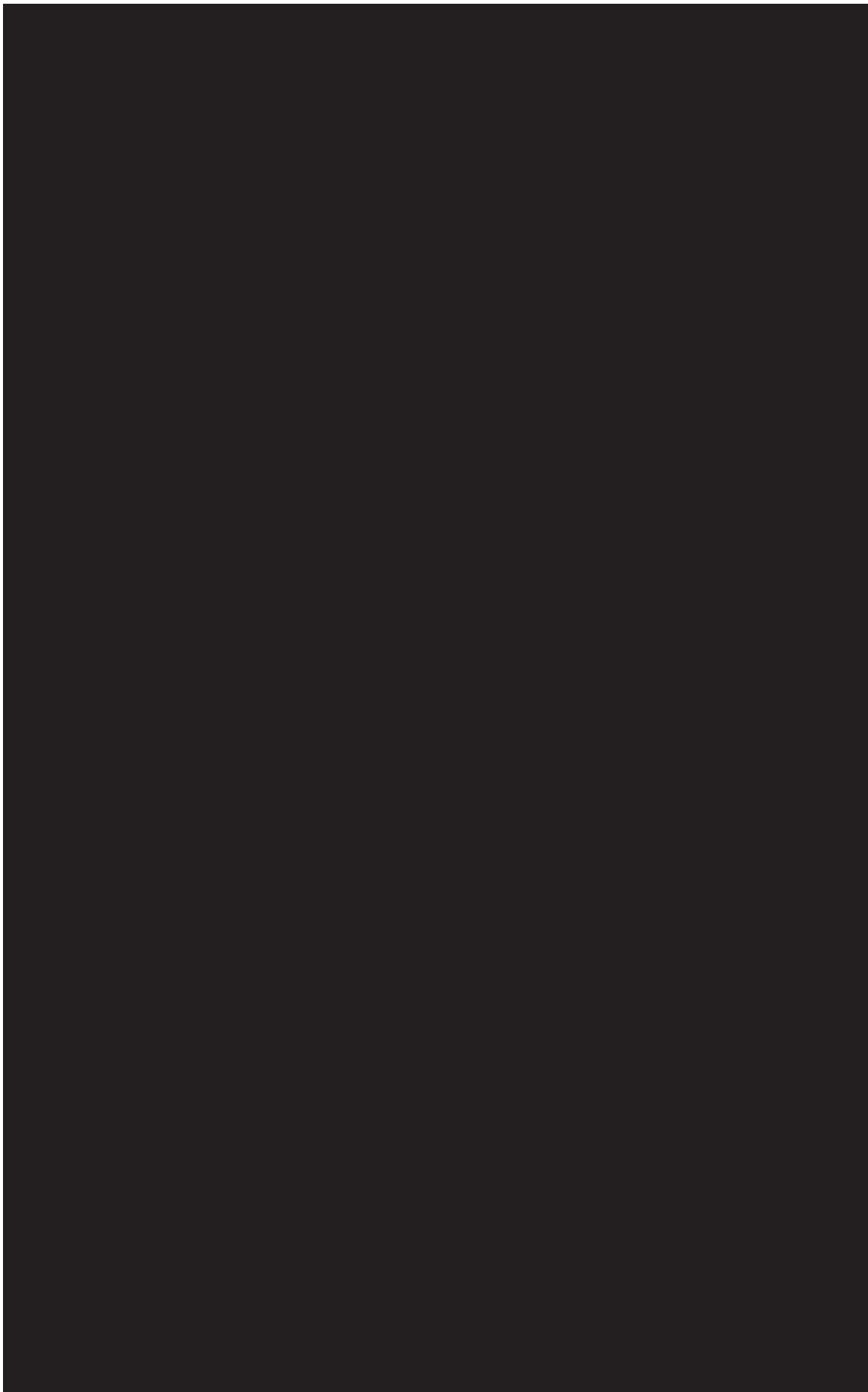
"You can be extremely proud of all your accomplishments this year, especially in the way each of you handled yourselves as professionals," Lennox said. "What you all have done, and more importantly, the way you all have done it this entire season, represents the great character of this institution."

The superintendent also congratulated the teams for having dispatched Air Force and Navy during all matches this season.

SALINA POWERSPORT
3 x 2.5"
Black Only
3x2.5 Salina Power

MILITARY OUTLET
3 x 3"
Black Only
3X3 Mil Outlet May TF 2370 ml

VALASSIS- ARM FORCES COMM.
3 x 12"
Black Only
Cen1 One/#576159





Travel & Fun in Kansas

Page 22

America's Warfighting Center

Friday, May 20, 2005

Leisuretime ideas

At the movies:

The Barlow Theater doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under age 5 are free except during children's matinees or expected sell-outs.

May 20, 22 – Fever Pitch (PG-13)

May 21 – The Longest Yard (PG-13) This is a premier showing from the distributors. Tickets are free and available at all PX facilities while they last. For those who cannot get a ticket, the theater will open to the public at 6:45 p.m. the theater in an attempt to fill all seats.

May 26 – The Upside of Anger (R)

May 27, 29 – Sahara (2005) (PG-13)

May 28, June 2 – King's Ransom (PG-13)

June 3, 5 – Amityville Horror (R)

June 4, 9 – A Lot Like Love (PG-13)

For more information, call 784-2226 or 784-2640.

Kansas City:

What: Abdallah Shrine Rodeo. PRCa rodeo, car show, craft show and carnival.

When: May 26-28

Where: 1405 M 98th St.

Phone: (913) 362-5300

Admission: Varies

Topeka:

What: "Affections of May." Topeka Civic Theatre

When: Dinner at 6 p.m., show at 8 p.m. May 27 through June 18

Where: 3028 SW 8th Ave., Topeka Civic Theatre & Academy

Phone: (785) 357-5211

Admission: Show \$18;

Dinner \$16

What: Topeka Jazz Festival. Three days of world-class artists playing incredible straight-ahead jazz. Master class for high school students.

When: 4:30 to 9 p.m. May 27; 11 a.m. to midnight May 28; 11 a.m. to midnight May 29; 11 a.m. to 7:30 p.m. May 30

Where: 214 SE 8th Ave., Topeka Performing Arts Center

Phone: (785) 234-2787

Admission: Varies

What: Glory Days Festival and Car Show. Pancake breakfast, car show, parade, crafts, concessions, and games for kids. Small town Memorial Day celebration.

When: 9 a.m. to 4 p.m. May 28

Where: Courtyard, downtown

Phone: (785) 364-3963

Admission: Free

Holton:

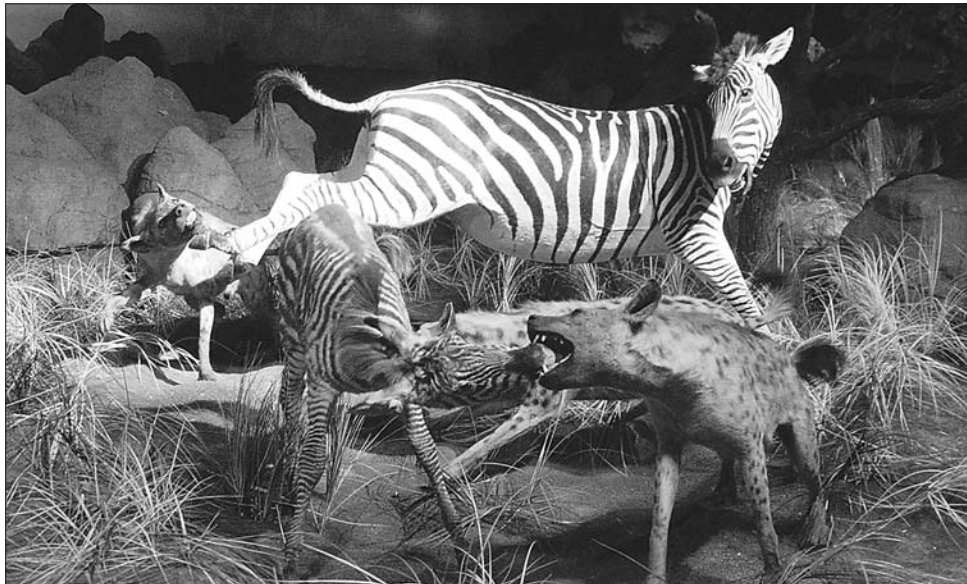
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Admission: Free



One of the many dioramas in the new Rolling Hills Wildlife Museum shows two zebras being attacked by hyenas, almost within arm's reach of visitors.

Salina boasts new wildlife museum

By Mike Heronemus
Editor

A new wildlife adventure opens in grand fashion May 21-30 at the Rolling Hills museum. Visitors can walk along a paved trail inside a climate-controlled 64,000-square-foot building and view more than 600 animals posed in natural-appearing habitat.

Don't forget to look up, because the trees are full of birds and monkeys of all kinds.

Museum Director and Curator Bob Brown said the natural history dioramas include 260 species of animals, some that visitors most likely have not seen before.

Jack Hanna, well-known wildlife enthusiast, said May 11 that "some of the animals I know you've never seen them because I've only seen them once."

Hanna's words tumbled over themselves as he tried to explain the visual wonder visitors were about to experience.

"I'm speechless," he said. "I've been to a lot of nature museums throughout the world but I've very rarely seen anything like that. As I walked through here I saw where I've been the past 25 years. People who go through here can get a feel for what the world is like."

"I wouldn't have missed it for the world."

Unlike other natural history museums that separate visitors from diorama displays with large glass windows, the Rolling Hills Wildlife Adventure Museum shunned the glass to let visitors feel closer to the animals they are seeing, Brown said.

Stepping through an arched entryway, museum visitors immediately find themselves between two prides of lions. One lounges on the left-hand side; the other attacks two zebras on the right-hand side. Both prides are frozen in the act of doing whatever it is they are doing just a few feet from the gawking spectators.

The lions keep their roars to themselves, but a little farther ahead, around a curve in the trail, an elephant trumpets. Overhead, just about everywhere, birds chirp and whistle noisily. A breeze rustles leaves on make-believe trees appearing so true to life that Hanna commended the museum's staff on the detailed research portrayed in each diorama.

Visitors pause at a lagoon and listen to a native man and wife talk about the animals and life supported by that area as the elephant trumpets again and women expresses concern about predators being close by whenever the elephant raises its voice.

From Africa the walking safari passes beneath a stone arch onto the plains and forests of North America, listening to a pair of Indians talking about their life on the prairie while two prairie chickens fight and a rattlesnake starts to coil as a four-legged varmint noses a little too close for comfort.

Farther on, a miner has deserted his pan by a stream even though it contains a huge yellow nugget. Across the stream, only a couple of arm's lengths away, a huge bear eyes all the strangers walking by.

Around the corner a couple of old-timers play cards on the saloon porch while raccoons

Rolling Hills museum

Admission

Adults (zoo or museum) – \$8.95

Adults (zoo and museum) – \$15.95

Children under 3 – free

Children 3-12 (zoo or museum) – \$4.95

Children 3-12 (zoo and museum) – \$7.95

Seniors 65 and older (zoo or museum) – \$7.95

Senior (zoo and museum) – \$13.95

Military get a 10 percent discount Monday through Friday during the grand opening.

Hours of operation

8 a.m. to 5 p.m. daily

For more information, call (785) 827-9488 or visit www.rollinghillswildlife.com on the Web.



watch from the roof above and a family of skunks skedaddles from a hiding place beneath the wooden walk to some nearby brush.

On the opposite side of the trail, Eskimos are about to kill a walrus.

A little farther along, the visitor passes through Scandinavia on one side and China on the other.

The final stop on the walk around the world takes museum visitors to a street in India, where they can listen to a charmer talk about his life and the cobra he eventually entices from beneath the lid of a tall woven basket.

It's been a quick trip, but one that will have to be taken again.

"You can't possibly see every-

thing in an hour or just one trip," Hanna said. Brown also promised that the museum's acquisition of more than 1,700 stuffed animals will allow the museum to change some of the displays.

Grand opening week

May 21 – Native American dancers and singers perform at 10 a.m. and 2 p.m.; Olympic champion and former University of Kansas athlete Billy Mills will speak at the Conference Center at 7:30 p.m. (cost \$15). Call (785) 827-9488 for reservations.

May 22 – Native American dancers and singers perform at 10

a.m. and 2 p.m.; Olympic champion and former University of Kansas athlete Billy Mills will visit the zoo and museum.

May 23 – Recycling day. Clean recyclable aluminum earns 10 percent off admission.

May 24 – Kansas Welcomes the World. Ribbon cutting and private luncheon for government officials. Gov. Kathleen Sebelius is scheduled to speak briefly.

May 25 – Senior Day. Coffee and donuts served to senior citizens in the morning at the museum; animal bings from 1:30 to 3:30 p.m. in the Conference Center.

May 26 – Members Day. Anyone renewing, upgrading or purchasing a new membership will receive a grand opening poster and four guest passes.

May 27 – Salina Journal Kids Day. All children 3 to 12 admitted to museum free when accompanied by a paid adult and with a coupon from the Salina Journal. Chuckie from Nickelodeon's Rugrats will be visiting, too.

May 28 – Wildlife filmmaker and Discovery Channel host Nigel Marven will be in the zoo and museum May 28-30.

May 29 – Marven will give a special presentation at 1:30 p.m. in the Conference Center (cost is \$8 for adults, \$5 for children). Children attending the presentation get a coupon for admittance to zoo or museum.

May 30 – Marven will give a special presentation at 1:30 p.m. in the Conference Center (cost is \$8 for adults, \$5 for children). Children attending the presentation get a coupon for admittance to zoo or museum.

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